DON'T MISS THE WORLD CUP FINAL!

MORE CHANNELS THAN ANY OTHER TV MAG!

18-24 JULY 2026

TV&Streaming

NEW

POMPEII: OUT OF TIME

Tom Hiddleston travels back to the volcano disaster

NEW

THE UNDECLARED WAR

Simon Pegg leads the team to battle a Russian cyberattack

NEW

CIA

Tom Ellis and **Nick Gehlfuss** play mismatched agents trying to save New York

NEW

THE DINK

Get ready to be pickleballed!

HotList This week's 28

Saturday 18

Nations Championship

***RUGBY UNION** ITV1 & ITV4*

The Southern Hemisphere series closes out with fixtures including New Zealand v Ireland (k-o 8.10am), Fiji v Scotland (2.10pm), South Africa v Wales (4.40pm) and Argentina v England (8.10pm).

Alan Carr's Picture Slam

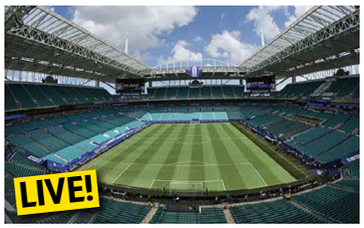
***GAME SHOW** BBC1, 6.05pm*

Chatty man Alan Carr (above) brings his trademark quick wit and infectious energy to a fourth series, with contestants trying to identify pictures on a board for a chance of winning £10,000.

Wicked Little Letters

***COMEDY** C4, 9pm*

Set in a seaside town in the 1920s, this entertaining film sees pious Edith (Olivia Colman) point the finger at single mum Rose (Jessie Buckley) when people start getting poison pen letters. *See review, p25*



World Cup: Third-place play-off

***FOOTBALL** BBC1, kick-off 10pm*

An action-packed five weeks of football is finally drawing to a close, with the two teams who didn't make tomorrow's final playing for a bronze-medal position.

Full listings start on **p35**

Sunday 19

Couture

***DRAMA** Prime Video*

Angelina Jolie (above) stars as Maxine, an American film-maker who arrives in Paris during Fashion Week and finds herself on a journey of self-discovery that forces her to confront the choices shaping her life.

F1: Belgian Grand Prix

***MOTORSPORT** Sky Sports F1, race starts 2pm*

Following his 15th-place finish at the British GP, championship leader Kimi Antonelli (above) will start today's race at Spa with extra impetus to finish in the points.

World Cup final

***FOOTBALL** BBC1 & ITV1, kick-off 8pm*

Forty-eight teams in 12 groups, with 103 matches played up to today – and now it's time for the final. Have Argentina and Lionel Messi made it to New York/New Jersey Stadium to defend their trophy?

Night Patrol

***HORROR** Sky Premiere, 9,45pm*

In this crime drama meets supernatural creature feature, an LAPD officer (Justin Long, above) is desperate to join an elite task force but the team has a deadly secret. Also starring Jermaine Fowler.

Full listings start on **p45**

Monday 20

The Crow Girl

***THRILLER** Paramount+*

The psychological thriller returns for a darker second run. As DCI Jeanette Kilburn (Eve Myles) delves deeper into the case, the killer is much closer than she could have imagined. *See feature, p8*

World's Biggest Sharks

***DOCUMENTARY** National Geographic WILD, 8pm*

One-off documentary. Experts dive in search of the largest bull shark, tiger shark and great white in our oceans, and try to learn why these creatures are increasing in size.

House of the Dragon

***FANTASY DRAMA** Sky Atlantic, 9pm, & HBO Max*

Is the mysterious Alys Rivers (Gayle Rankin, above) about to embark on a romance with Prince Aemond? And given his current mental state, is that wise? *See feature, p12*

The Secret Lives of Gypsy Wives

***DOCUMENTARY** C4, 10pm (box set, Channel 4 Streaming)*

A look at how the use of social media is transforming the Travelling community, and whether that's seen as good or bad.

Full listings start on **p55**

Tuesday 21

The Hundred

***CRICKET** BBC2, Sky One & Sky Sports, coverage from 2.15pm*

Today's opening matches feature two rebranded teams: MI London (formally Oval Invincibles) v SunRisers Leeds (formally Northern Superchargers). Continues all week.

The Undeclared War

***THRILLER** C4, 9pm (box set, Channel 4 Streaming)*

Simon Pegg returns as GCHQ head Danny Patrick as his team face the terrifying threat of a Russian cyberattack. Continues tomorrow. *See feature, page 6*

Oti & Richard's South African Odyssey

***TRAVELOGUE** More4, 9pm*

Oti Mabuse and the Rev Richard Coles (both above) travel to Mabuse's home country to experience the culture and learn about its complicated history. *See feature, p 11*

Johnny Vegas' Little Shop of Antiques

***DOCUMENTARY** Quest, 9pm*

The comic (above) welcomes cameras back to capture events as he sets up his antiques shop as a more permanent venture. *See Documentaries, page 21*

Full listings start on **p65**

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CIA
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Wednesday 22

A Toxic Love Story

***DOCUMENTARY** Netflix*

This true-crime documentary details the campaign of online harassment that escalated between a US Marshal, his new wife and his ex-girlfriend – but the line between victim and villain is soon blurred.

Intimacy

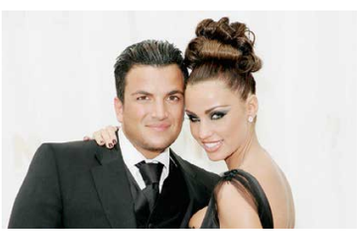
***DRAMA** BBC Sounds*

This eight-part podcast sees Lena Headey (above) as an intimacy coordinator who gets her dream job on a film set on a Greek island, but things take a dark turn when secrets surface about her past.

Fire Country

***DRAMA** Sky Witness, 9pm*

The crew are called to a dangerous rescue at a grain silo this week. Meanwhile, Manny (Kevin Alejandro, above) has made a troubling discovery that leads to a serious conversation with Bode.



Katie Price: Nothing to Hide

***DOCUMENTARY** Sky Documentaries, 9pm*

As the series continues, the spotlight is on Price's relationship with Peter Andre (pictured with Price) after they met on *I'm a Celeb*, and she soon drops her alter ego Jordan.

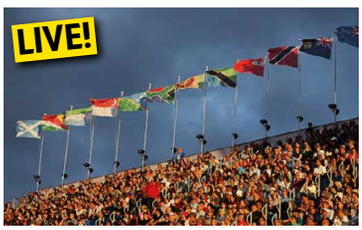
Full listings start on **p75**

Thursday 23

Star Trek: Strange New Worlds

***SCI-FI** Paramount+*

The series returns with Captain Pike (Anson Mount, above) leading the USS *Enterprise* into adventures involving a black hole and dinosaurs. *See Your Watchlist, page 16*



Commonwealth Games Opening Ceremony

***SPORT** 5, BBC Alba, BBC iPlayer, TNT Sports 2 & HBO Max, from 6.30pm*

Coverage of the ceremony at Glasgow's Hydro. The sporting action starts from tomorrow. *See Sport Week, page 28*

Pompeii: Out of Time with Tom Hiddleston

***DOCUMENTARY** National Geographic, 8pm & 9pm (box set, Disney+)*

The actor (above) talks us through the eruption of Mount Vesuvius in this three-part docudrama *See Documentaries, p20*

CIA

***CRIME DRAMA** Sky Witness, 9pm*

Tom Ellis and Nick Gehlfuss (both above) star in this drama set in the FBI universe. A by-the-book FBI special agent teams up with a rule-breaking CIA officer to track down global threats. *See feature, page 4*

Full listings start on **p85**

Friday 24

The Dink

***COMEDY** Apple TV*

An ex-tennis prodigy (Jake Johnson, above) turns to the sport of pickleball to exorcise his sporting demons – and settle a rift with his childhood nemesis, Andy Roddick. *See Your Watchlist, page 14*

Stuart Fails to Save the Universe

***COMEDY** HBO Max*

As the Big Bang Theory universe expands, comic-book-shop owner Stuart (Kevin Sussman) fractures the multiverse and has to put things right. *See Your Watchlist, p17*

72 Hours

***COMEDY** Netflix*

After he's accidentally added to a group text, a 40-year-old executive (Kevin Hart) goes on a wild bachelor weekend to Miami with a group of Gen Zers. Marcello Hernández (*Saturday Night Live*) co-stars.

Granite Harbour

***CRIME DRAMA** BBC1, 8pm (box set, BBC iPlayer)*

The crime drama returns with Bart (Hannah Donaldson) and Davis (Romario Simpson) investigating a death in the Traveller community. *See feature, page 12*

Full listings start on **p95**

Welcome to this week's issue. The team are very excited as it's the World Cup final this Sunday (BBC1 & ITV1, kick-off 8pm). After a magnificent tournament with lots of surprises, sit back and enjoy the showpiece match.

Our cover stars this week are *Lucifer*'s Tom Ellis and *Chicago Med* actor Nick Gehlfuss for the new series *CIA* (Thu, 9pm, Sky Witness). Fans of *Miranda* will remember Tom as lovable chef Gary and the object of Miranda's affections.

And for all you pickleball fans out there, don't miss *The Dink* (from Friday 24 July, Apple TV). It's got Ed Harris and Ben Stiller in it!

Enjoy your TV week.

Claire Ruck, Editor-in-Chief

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Special relationship

Nick Gehlfuss and Tom Ellis play mismatched agents in a new *FBI* spin-off

NEW CRIME DRAMA

CIA

Thursday, 9pm, Sky Witness

The historically tense relationship between the CIA (Central Intelligence Agency) and the FBI (Federal Bureau of Investigation) is at the heart of new US crime drama *CIA*, a spin-off from Dick Wolf's FBI franchise, starring *Lucifer*'s Tom Ellis and *Chicago Med*'s Nick Gehlfuss as chalk-and-cheese crime-fighters.

Welsh actor Ellis plays maverick, UK-raised CIA agent Colin Glass, who needs an FBI agent to enable him to carry out his work protecting the United States from terrorist threats.

UNEASY ALLIES

The bureau's by-the-book Bill Goodman (Gehlfuss) is reluctantly tasked with the job, and the partners' very different approaches see them clashing as they operate out of the CIA's New York office. However, a grudging respect develops as, in their first assignment, they must work together to prevent a highly dangerous 'directed energy' device, which can disable military hardware, from falling into the wrong hands.

'My character works for the CIA, which operates in the grey areas to keep America safe,' explains former *Miranda* star Ellis, 47. 'Whereas Bill comes from the FBI, and is very linear in his approach to law enforcement.'

These two contrasting backgrounds cause sparks, while Colin's boss Nikki Reynard (Necar Zadegan) tries to keep them both focused on the task at hand.

'Bill's a rule-follower, and Colin is a rule-breaker,' says Ellis. 'So the two collide, but with their powers combined, they manage to be quite an amazing team!'

UNDERCOVER MISSION

Early on in the series, it emerges there is more to Bill's new role than meets the eye.

'The CIA has to have an FBI liaison,' explains Ellis. 'But what we at the CIA don't realise is that the FBI believe a mole in the CIA is leaking information. And he is there to find out who the mole is.'

The series features action-packed set pieces from the off, although Ellis admits that, these days, he's less likely to be involved in stunt work.

'I got to do a lot of stunts on *Lucifer*,' he says. 'But the older I get, the less I do. Basically I'm the opposite of Tom Cruise! Although if there's the opportunity for me to drive fast, I love it.'

And while there's the usual procedural element to the show, Ellis believes the central relationship helps it stand out from other series.

'They spend a lot more time with this odd-couple dynamic, which I've always loved,' he says, 'so hopefully it has a new and entertaining spin.'

He adds that playing a loose cannon, opposite his strait-laced on-screen partner, gave him the chance to cut loose.

Tom Ellis (right) as Colin Glass

'My character is a chameleon,' he says. 'He's arrogant, can blend into any situation, and rules don't mean a thing to him!'

HOME PRESSURES

Although Colin taunts his partner for being a 'Boy Scout', Gehlfuss, 41, says there's more to Bill than viewers might initially think.

'We'll get to see what a badass he is,' he says, adding that this new assignment also takes a serious toll on his character. 'There's a major wake-up call as Bill realises what he's gotten himself into. And not being able to fully disclose what he's doing creates a major wedge between Bill and his fiancée, Katie [Caroline Pluta].'

Equally, the nature of Colin's work has had an impact on how he relates to others.

'Emotionally, he's probably a bit stunted,' says Ellis. 'He's someone who has had to learn to look after himself, just for self-preservation.'

Unsurprisingly, trust is a major issue for both men.

'The whole of the first season is about trust,' explains Ellis. 'Trusting someone in the CIA world is a big deal, and by the end of it, I think Colin trusts Bill more than anyone. There's a friendship and, dare I say it, an affection between the two.'

Nikki, Bill and Gina

WORDS: IAN MACEWAN. PHOTOS: SKY

Bill Goodman
Nick Gehlfuss
The FBI special agent's by-the-book approach is in stark contrast to his freewheeling new partner.

Colin Glass
Tom Ellis
The maverick CIA agent plays by his own rules, but needs an FBI liaison to operate in the US.

WHO'S WHO

Gina Gosian
Natalee Linez
The ambitious CIA analyst passes intelligence to agents working in the field, trying to stay one step ahead.

Nikki Reynard
Necar Zadegan
The former agent has left fieldwork to become the deputy chief of the CIA's New York station.

Jubal Valentine
Jeremy Sisto
Bill's FBI boss recommends him for a new assignment that is more complex than it first appears.

Saara (Hannah Khalique-Brown), Danny (Simon Pegg) and Barbara (Sian Brooke)

Under ATTACK

The UK is in imminent peril as **Hannah Khalique-Brown and Simon Pegg** return in the cyber-thriller

NEW THRILLER

The Undeclared War

Tuesday & Wednesday, 9pm, C4 (box set, Channel 4 Streaming)

When C4's political thriller *The Undeclared War* aired in 2022, it depicted a theoretical cyberattack in the near future that could bring the nation to its knees, spreading disinformation during a General Election and ultimately unleashing a Russian hack on the British intelligence services that shattered diplomatic relations between the UK and the USA.

As the six-part second series begins this week, it picks up the action moments after Series 1's cliffhanger ending, with GCHQ Director of Operations Danny Patrick (Simon Pegg) dealing with an imminent crisis that has the potential to escalate into all-out war.

'There are seemingly Russian warplanes in British airspace,' Pegg tells *TV&Streaming Week* in an exclusive interview. 'The first episode starts with a nearly 10-minute-long shot of everything that's going on, the fallout of that moment and what's actually happening. When one-shots are done just for the sake of it, they can appear flashy, but these 10 minutes are incredibly tense, and I think Paul McGuigan, who took over directing duties, really wanted to start the series with that intensity.'

'Saara's deeply loyal; she would never betray Danny, because she trusts him'

HANNAH KHALIQUE-BROWN

FRAUGHT WITH DANGER

Meanwhile, junior GCHQ employee Saara Parvin (Hannah Khalique-Brown) is anxiously waiting for news of her friend, Russian hacker Vadim Trusov (German Segal), who put his life at risk by leaking information to the UK and hasn't been heard from since.

'Saara made a promise to protect Vadim, and that's a huge driver for her in this series,' Khalique-Brown, 27, tells us. 'But as far as she's aware, he's in Russia – he's so far away, and they're speaking covertly across different intelligence operatives, which is incredibly dangerous and terrifying. His life is in her hands, and that's an enormous responsibility.'

Hostile nations aren't the only threats in the new series. Saara discovers that the Russian malware attack on GCHQ used information that only somebody working there would know, which means she and Danny must hunt for a mole.

'Saara and Danny are working together a lot,' says Khalique-Brown. 'He really sees the potential in her, and lets her have a bit of slack where she can shine. She's deeply loyal; she would never betray Danny, because she trusts him. That's the thing with Saara – she doesn't necessarily pay attention to authoritative structure, but if she believes in someone, there's no reason why she wouldn't back them.'

Filming the first series made the cast incredibly aware of the increasingly sophisticated online threats to national security that the intelligence services are battling every day – and new advances in technology mean the fight is constantly evolving.

'It's funny – because *The Undeclared War* takes place in 2024. When we shot the first series, it was set in the future, and now it's set in the past,' says Pegg, 56. 'One of the things I questioned in terms of its believability in the first series was that there could be such a convincing deepfake of Mark Rylance's character [GCHQ employee John Yeabsley] on Russian TV – now, you absolutely could do that.'

The second series also reflects the changing geopolitical landscape in the real world, as the characters now face online threats from China as well as Russia, and Pegg believes that this gives the show plenty of potential to return in the future.

'It's an ongoing narrative, and there will always be stories to tell because the truth is as incredible as fiction, if not more,' he says. 'These characters are so much fun to play, and I feel like we're in the early stages of the relationship between Danny and Saara. Given where we end up at the end of this series, it'll be interesting to see how we proceed.'

Lt Col Roz Cavendish (Chloe Pirrie) and Danny

Alex (Gavin Spokes), Richard (Ed Stoppard), David (Alex Jennings) and Danny face impending disaster

CHINESE WHISPERS

Blue Lights **star Sian Brooke joins the cast as Barbara Napier, Danny's wife, who also works for GCHQ as a senior analyst leading the China desk.**

'Barbara is fiercely intelligent, determined and funny,' says Brooke. 'She's a character with many layers, which makes her incredibly rewarding to play. She and Danny have been married for a long time, which was another draw for me in the script. It's a very real relationship, and I think they complement each other beautifully.'

Barbara Napier

The third episode of the series explores Barbara's past, including a stint in Hong Kong on a mission for MI6, and Brooke was amazed at how the setting was re-created at the show's production base in Wales.

'We really have the most extraordinary art department – their attention to detail is remarkable,' she says. 'For one sequence, they transformed a Mexican restaurant into a Chinese tea shop. Outside, they created an entire alleyway filled with food stalls, steam and bustling activity. It was astonishing. The only downside was that we didn't get Hong Kong's climate – we got Cardiff's in December!'

WORDS: STEVEN PERKINS. PHOTOS: C4

DARK forces

There are unsettling developments as **Eve Myles and Katherine Kelly** return in the brooding crime thriller

NEW FROM Paramount+

NEW THRILLER

The Crow Girl

From Monday 20 July, Paramount+

The ongoing hunt for a killer brings disturbing new challenges for dogged cop DCI Jeanette Kilburn and brilliant psychologist Dr Sophia Craven as Paramount+'s edgy thriller *The Crow Girl* returns for a second run.

In the last series, inspired by the novels of Erik Axl Sund – the pen name of Jerker Eriksson and Håkan Axlander Sundquist – Bristol-based cop Jeanette (Eve Myles) carried out a harrowing investigation after the bodies of male asylum seekers were placed strategically around the city.

EMOTIONAL BONDS

She soon suspected that Victoria Burkeman (Clara Rugaard), a troubled ex-patient of empathetic Sophia (Katherine Kelly), was involved. As she delved further, Jeanette – who is now estranged from husband Alex (Raphael Sowole), the father of her son Joe (Winston Sawyers) – grew closer to Sophia, and in the new six-parter, they are having a romance, but the murky case remains unresolved and is haunting them both.

'Jeanette feels like she's failing at being a mother and a wife, and at being a detective – everything's coming thick and fast,' says *Gone*'s Myles, 47. 'But she'll never give up. And she and Sophia have found peace with each other in this mad, chaotic world. There's this undeniable attraction and need for each other. But it's messy.'

Neither woman is aware, however, that Sophia is actually Victoria, who has dissociative identity disorder and is becoming more and more dangerous. Having already murdered her abusive father, Victoria is continuing to wreak deadly revenge on his sinister associates and also trying to expose them for running an illicit fight club that caused the demise of the refugees.

'The journey for Sophia is more insular; she's in a bubble. She's been signed off work and is having blackouts, so her life's getting smaller and she's becoming disengaged from everything, apart from Jeanette,' teases *In Flight*'s Kelly, 46, who was also taken aback by the revelation that Sophia and Victoria were the same person in the finale of the first series.

'Sophia doesn't know, so the audience is ahead of her, but not ahead of Victoria, so we use different tools to portray that. I only found out along with the rest of the cast when we got the scripts

Supt Verity Pound (Victoria Hamilton, centre) and DCI Jeanette Kilburn (Eve Myles, right)

Sophia and Jeanette have grown closer

Stars Eve Myles and Katherine Kelly

Elliot Edusah, Eve Myles and Victoria Hamilton

[for Series 1]. And the writer, Milly Thomas, said that if she could, she would have only given me my own scenes this time and not let me read the rest of the series!'

But as the body count increases, and telling connections are made when Jeanette makes grisly new discoveries at a farm and a church with the help of colleague DC Mike Dilliston (Elliot Edusah) and their boss Superintendent Verity Pound (*The Teacher*'s Victoria Hamilton), will the truth come to light?

'The case never goes in the direction that we think. It's like somebody's taking a pin out of a grenade,' shares Myles. 'It's relentless for Jeanette. And she's now closer to a killer than she'd ever imagined. There's this Hitchcockian scenario where the viewers can see the ticking bomb, but Jeanette can't, so you've got a huge fear for her.'

COLLABORATION

For Myles and Kelly, however, despite the traumatic nature of the drama, which also sees *Malpractice*'s Zoe Telford and *Silent Witness* star Richard Lintern join the cast, working together has been a joy.

'How could you say no to a second series with Eve?' smiles Kelly. 'It was so good to be back. But we had a long time between filming the two series, so nobody's hair was the same and a lot of us needed wigs!'

'And I feel huge gratitude at getting to play opposite the brilliant Katherine again,' adds Myles. 'There was a worry about the first series, because the premise is sensitive, so we were pleased that people connected with it and that we could take these characters further.'

● The first series of *The Crow Girl* is being shown this week on 5 (Monday–Wednesday, 9pm)

'The viewers can see the ticking bomb, but Jeanette can't...'

EVE MYLES

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

The police arrive for Sarah

CORONATION STREET

Sarah is arrested for Theo's murder! Will she protect Gary

» **A one-strand** episode sees Sarah's killer secret finally revealed as she's arrested for Theo's murder. This week, Kit is convinced that Gary is about to be arrested and informs Sarah, who panics about her wedding outfit that forensics took away. Despite the news spreading that Gary is going to the cop shop, it looks like he's off the hook when the police arrive to cuff Sarah.

A lot is on the line for Kit, too, as Lisa tells him to stop protecting his girlfriend or risk losing his career. Meanwhile, Maria spots Gary in the background of Sally's screensaver from Carla's wedding, which proves that he didn't spend the night of Theo's murder at the builders' yard. As Maria reveals to her husband that she will have to retract the statement providing him with a false alibi, Kit tries to persuade Sarah to come clean about Gary's involvement.

Maria confronts Sarah

After a visit from a furious Maria, Sarah decides to confess to Lisa that she killed Theo. But will she keep quiet about her ex-boyfriend?

» **PLUS** Christina continues to struggle with her spending when Todd sees another delivery, Ollie gets a new job at Speed Daal, and Dylan apologises to Betsy for what happened before the police arrive to take her statement.

ALSO IN THE SOAPS THIS WEEK...

EASTENDERS

» Amy and Avani's revenge plot ends in disaster when Joel (right) is attacked, Lauren shares a passionate kiss with Mark, Denise and Jack try to open up to each other, and Linda takes a liking to local councillor Clive.

EMMERDALE

» Cain (above) is injured during a camping trip with Kyle and Graham, Kim discovers a USB stick has been stolen from Home Farm, Charity feels defeated that the CPS won't be pursuing Dr Todd's case, and Kev's old friend Steve turns up.

WORDS: CAREN CLARK, GRACE MORRIS. PHOTOS: BBC, ITV, PARAMOUNT+

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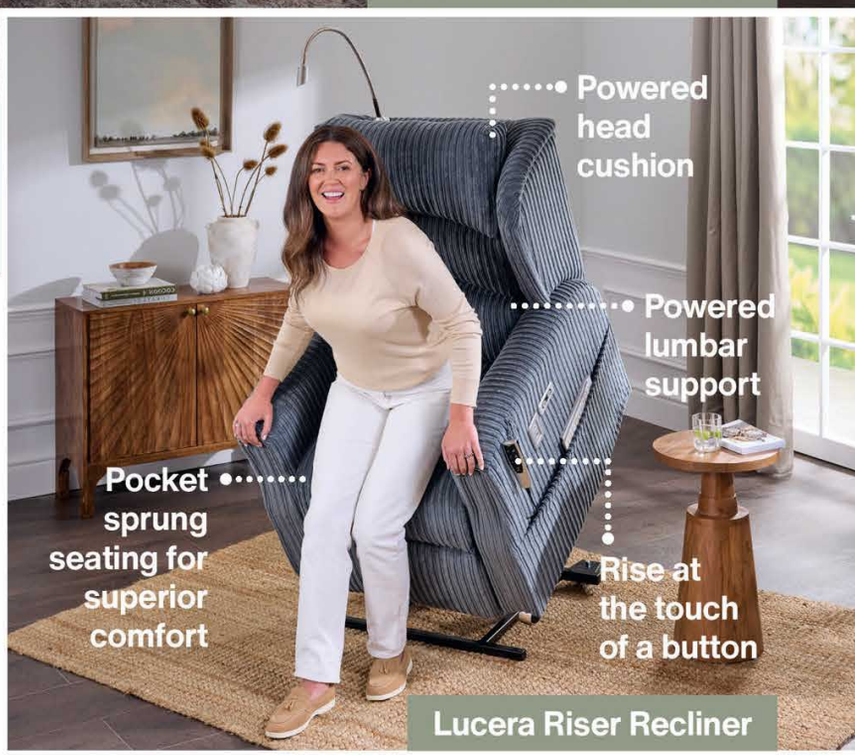

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NEW TRAVELOGUE

Oti & Richard's South African Odyssey

Tuesday, 9pm, More4

Coles and Mabuse

Into Africa

The Reverend Richard Coles and Oti Mabuse explore her home country together

Oti Mabuse and the Reverend Richard Coles bonded in the *I'm a Celebrity… Get Me out of Here!* jungle back in 2024. And now, the pals reunite for further fun and adventure in More4's travel series *Oti & Richard's South African Odyssey*.

Across the four episodes, former *Strictly* star Mabuse shows Coles around her home country of South Africa as they go on safaris and helicopter rides, take in traditional dancing and braais (community barbecues), while also touching on South Africa's challenging history.

Here, Mabuse, 35, and Coles, 64, tell *TV&Streaming Week* more about their trip…

What was it like experiencing South Africa together?

Mabuse There's no place like home, is there? Even though I'm British [she became a British citizen in 2025], I never let go of my South African roots. But this time it was really special because we visited places I was familiar with and also not so familiar with, and it was lovely to be with Richard. He's the funniest human being I've ever met.

Coles I'd never been to South Africa before. But it's so extraordinary and beautiful. And it's Oti's home country, so to be guided by her was brilliant.

How much fun did you have?

Mabuse So much fun! In Johannesburg we met an up-and-coming designer called Sebo, who made us some clothing garments, and we had a fashion show up on the rooftop, which was incredible!

Coles Except I ended up wearing this dressing gown while Oti got to dress up as a warrior queen! She also insisted on singing every day and there were many humiliating dance moments. But Oti's such a funny person. One day in Johannesburg she said, 'You're going to really share my culture,' and it was just some appalling fried chicken!

Mabuse and Coles with Sebo (left)

Mabuse and Coles dancing in Soweto

South Africa has a complicated history. Did you get to touch on that, too?

Mabuse We spoke a lot about racism and inequality and about how it feels to be born in a country where people discriminate against you.

Coles But what's amazing is that people are trying to turn a story that's been dark and difficult into one that's optimistic. I saw South Africa in a narrow way before and now I have a much more informed picture.

Was there a standout moment from your trip?

Coles When we were about to be killed by an elephant! I didn't understand what was going on. I wanted to get closer to it and everyone was saying, 'Move – right now!'

Mabuse I was absolutely panicking, but Richard was oblivious to it all. I remember saying to Richard, 'There's an elephant about to stomp on you,' and he was like, 'Oh, how marvellous!'

WORDS: HANNAH DAVIES. PHOTOS: C4

LOOK WHO'S BACK...

A familiar face making a new appearance this week

Adeel Akhtar

Who Do You Think You Are?

Thursday, 9pm, BBC1

Born in 1980, the actor was raised in Buckinghamshire and got his big break in 2010's dark comedy *Four Lions* (left). He's won BAFTAs for his performances in BBC3's 2016 drama *Murdered by My Father* and BBC1's *Sherwood* (2022). He's also had roles in C4's thriller *Utopia* (2013–2014), ITV1's whodunnit *Unforgotten* (2017) and BBC1 dramas *Killing Eve* (2019–2022) and *Showtrial* (2024), along with Netflix's *Fool Me Once* (2024) and Apple TV's *Down Cemetery Road* (2025).

HIS NEW APPEARANCE

For this week's *Who Do You Think You Are?* Akhtar travelled to Kenya to research his maternal ancestors, who went there from India. He learnt that his three-times-great-grandfather Suleman Verjee sailed from Gujarat to Mombasa in 1885 and became a trader. Meanwhile, Suleman's son Kassam fought to combat the spread of plague in Nairobi. Akhtar also found African ancestry, as his great-great-grandmother Ziada, Kassam's wife, was Kenyan. 'This has changed my connection to Kenya,' he says.

Adeel Akhtar

TV WEEK

Manor of DEATH

The Aberdeen detectives investigate a **killing on a country estate**

NEW CRIME DRAMA

Granite Harbour

Friday, 8pm, BBC1 (box set, BBC iPlayer)

After exploring the inner-city underworld of Aberdeen in its first two series, BBC1's crime drama *Granite Harbour* looks further afield in its third run with the detectives investigating the murder of a young woman on a country estate.

The discovery of the body of Lisa Sterling (Jess Douglas-Welsh) quickly becomes a politically charged case for DC Davis Lindo (Romario Simpson) and promoted DCI Lara 'Bart' Bartlett (Hannah Donaldson) when suspicion falls on the dead woman's boyfriend, Matty Gough (Bailey Newsome), who's part of a Traveller community currently staying on the estate.

'It focuses on Lisa's family and the assumptions they jump to, based on their own prejudices about Matty's family,' Donaldson tells *TV&Streaming Week* in an exclusive interview. 'Another aspect is that the Traveller community are very wary or distrustful from their previous experiences with the police force.'

Dawn Steele as DCI Macmillan

The case isn't the only source of tension as, following the resignation of DI Jay Mallick (Bhav Joshi) amid corruption charges, Chief Constable Graeme Willis (John Gordon Sinclair) has decided to investigate the entire department.

'It was an interesting dynamic to play, because normally nobody questions my character,' says Dawn Steele, who plays DCI Cora Macmillan. 'It was nice to have someone who was more senior, shouting at me! But John Gordon Sinclair was a joy to work with.'

Other new cast members for the three-part series include *Andor*'s Alastair Mackenzie as the estate's owner Richard Loughty and *Shetland*'s Ellie Haddington as

Gayle Rankin as Alys

Magical connection

Is the bewitching **Alys Rivers** set for romance?

FANTASY DRAMA

House of the Dragon

From Monday 20 July, HBO Max (ep 5 of 8; released weekly); & Monday, 9pm, Sky Atlantic

Alys Rivers is the most mysterious woman in the whole of Westeros. Is she a witch? Is she a sorceress? 'I'm no woman at all. I'm a barn owl, cursed to live in human form,' Alys once told Daemon Targaryen (Matt Smith), hinting at her supernatural abilities.

What we do know is that the enigmatic healer, who resides at the imposing Harrenhal castle, is set to play a big part as Season 3 of the epic fantasy drama, based on George RR Martin's book *Fire & Blood*, continues.

'In the book she's so wonderfully

WORDS: CAREN CLARK, JUDY EWENS, DAVID HOLLINGSWORTH, STEVEN PERKINS. PHOTOS: BBC, C4, HBO MAX, SKY

Romario Simpson and Hannah Donaldson

Matty's grandmother Rose.

'We've always been lucky with our guest cast,' says Donaldson. 'Alastair Mackenzie is hilarious and I loved chatting with him and Dawn about *Monarch of the Glen* [the 2000s BBC1 drama in which they starred], and Ellie Haddington is one of the most remarkable actresses I've ever worked with.'

Granite Harbour has gained a loyal fanbase since it first launched in 2022, and the cast have been delighted with the response from viewers.

'I think it helps that it's family friendly – it's not gory or violent in that sense,' says Simpson. 'It definitely seems like there's an audience for that, so hopefully the people who are watching stay tuned and we can get a Season 4…'

John Gordon Sinclair as Chief Constable Willis

mysterious it gave me a lot of room,' explains Scottish actor Gayle Rankin, 36, who plays Alys, in an exclusive interview with *TV&Streaming Week*.

POWER PLAY

'She has an extraordinary feminine intuition and that's really powerful. I think women have been put in the box of being witches when they seem to have a lot of power and a lot of insight and it's cool that we're exploring that.'

And it seems that Alys may be set to begin an improbable love story with Prince Aemond Targaryen (Ewan Mitchell), who struggles with intimacy and psychological trauma.

Ewan Mitchell as Aemond

LOOKING FOR LOVE

In Episode 2, the ferocious fighter flew into Harrenhal on his dragon Vhagar and slayed Ser Simon Strong and his family. But in the brief skirmish, Aemond – who hasn't been seen in the show since – was stabbed in the back.

Could love blossom between him and Alys (providing he is alive)?

'Yes, there's a chance,' laughs Rankin. 'Aemond is loved by people because they can see he is totally starved of love and is looking for that.'

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

NEW Alan Carr's Picture Slam

Saturday, 6.05pm, BBC1

The Celebrity Traitors star Alan Carr (above) returns with another series of his quiz show where every question is a picture and every picture is worth cash. The images could be of famous faces, places, animals, products, toys or logos. A prize of £10,000 is up for grabs in the final, but the contestants will have to be picture-perfect to win it.

Station Eleven

NEW

Friday, 9pm & 10pm, Sky Atlantic (box set, Sky Box Sets & NOW)

Enola Holmes 3's Himesh Patel (right, with co-star Matilda Lawler) headlines this post-apocalyptic drama following the survivors of a devastating flu pandemic which led to the collapse of civilisation. They attempt to rebuild and reimagine the world anew.

• ***Previously shown on STARZPLAY in 2022***

Bake Off: The Professionals

LAST ONE

Tuesday & Wednesday, 8pm, C4

There's a double helping of the show this week with both the semi-final and the final. In the semi, the pastry chefs must make île flottante, a meringue-based dessert, for judges Benoit Blin and Cherish Finden (both right). Then, in the final, there's the prospect of a masquerade-ball-banquet challenge.

Bergerac

NEW

Fri, 9pm & 9.45pm, BBC2 (box set, BBC iPlayer)

Two Weeks in August's Damien Molony (right) takes on John Nettles' role of Jersey-based detective Jim Bergerac in a reboot of the 1980s crime drama. DCI Bergerac is hitting the bottle following his wife's death, but when one of Jersey's wealthiest residents is murdered, he is determined to solve the case.

• ***Previously shown on U&Drama in 2025***

YOUR WATCHLIST

NETFLIX

prime

BBC iPLAYER

Disney+

4

Paramount+

HBO max

tv

Second serve

Jake Johnson stars as a washed-up tennis player who tries out pickleball

tv The Dink

NEW *Available:* ***Friday 24 July***
Genre: ***Comedy***

A one-time tennis prodigy must overcome his demons and face down a nemesis from his past in this sports comedy.

Maximum Pleasure Guaranteed's Jake Johnson plays Dusty Boyd, whose promising sporting career was ended when he lost a match to a future world No 1, American star Andy Roddick (played by the real-life former tennis ace) – a defeat Dusty's father Chuck (*Dutton Ranch*'s Ed Harris) has never got over.

'I found a way into playing Dusty through Ed Harris,' explains Johnson, 48. 'We did a read-through and I realised Dusty will never be good enough in Chuck's eyes, so no matter what he does, he's never going to get that approval he's after.'

Johnson with co-star Ed Harris

Dusty now coaches kids at a country club owned by his dad, who's deeply concerned by the rising popularity of pickleball, which blends elements of tennis with badminton and table tennis.

However, when a doctor (Ben Stiller, who's also one of the film's producers) suggests that Dusty give the new sport a try to help him recover from an injury, Dusty finds himself lined up against his dad in the battle for the future of the club.

EYES ON THE BALL

'I didn't have much experience playing tennis or pickleball,' admits Johnson. 'But they set me up with the great Brad Gilbert, who coached tennis players like Andre Agassi and Sir Andy Murray,

Dusty (centre) faces a fight on the court

Mary Steenburgen (centre) as Candace

which was pretty special.'

Thanks to his new playing partner, Candace (Mary Steenburgen), Dusty slowly falls in love with the game and agrees to represent the pickleball community in a showdown against Roddick, to decide whether the sport can remain at the club.

'Hitting with Andy Roddick in between takes was a unique experience and I was also surprised by how funny he was,' says Johnson.

'We actually got him on an episode of my podcast, *We're Here to Help*, and the listeners loved him, because he can riff in a way that a lot of athletes can't.'

What we're watching...

The shows being enjoyed by the *TVSW* team

NETFLIX Chris & Martina: The Final Set

Genre: Documentary
Episodes: One-off

With Chris Evert recently revealing that her cancer has returned for a third time, there's an added poignancy to this documentary, which traces her fierce rivalry with fellow tennis great Martina Navratilova over two decades and the strong bond they have since formed as they have both battled cancer. The pair (both left) talk of the toll the disease has taken on them, while also recalling their rise to the top, their on-court battles and how their relationship has changed over the years.

HBO max The Killings at Parrish Station

Genre: Crime drama
Season: 1 Eps: 6 (released weekly)

In an Oz crime drama, two cops (Xavier Samuel and Mia Wasikowska, both right) investigate a massacre in 1987. Years later, a new case has eerie similarities.

HBO max Life, Larry and the Pursuit of Unhappiness

Genre: Comedy Season: 1 Eps: 7 (released weekly)

This sketch show from Larry David (right) marks the 250th anniversary of the US with skits on events such as the Declaration of Independence.

Now in production...

Three upcoming shows to look out for soon

NETFLIX Bad Bridgets

Netflix's film, starring Emilia Jones (above) and Alison Oliver, will follow sisters who leave behind Ireland to start a new life in 19th-century New York, where they meet a chaotic group of fellow immigrant women. Colin Farrell and Steve Coogan also appear.

HBO max The Shore

Neve Campbell (above) is set to head the cast of HBO Max's drama, based on Katie Runde's novel, which explores the tangled lives of a close-knit family as they try to deal with heartache and emotional secrets during a summer on the New Jersey coast.

prime All or Nothing: Manchester United

Prime Video's football anthology docuseries is now going behind the scenes at Manchester United to follow the club's fortunes during the 2026/27 season – the first with former player Michael Carrick (above) as permanent head coach.

WORDS: CAREN CLARK; JUDY EWENS, SEAN MARLAND. PHOTOS: APPLE TV, GETTY, HBO MAX, NETFLIX, ADOBE STOCK

From left: Mrs Lawrence, Lauren, Alan, Brian and Sarah

Playtime

Josh Duhamel and Michael Socha star as two dads battling for a coveted preschool spot

Paramount+ Preschool

NEW *Available:* ***Friday 24 July*** *Genre:* ***Comedy***

Bribery, deception and sabotage – nothing is off limits as two fathers go head-to-head to ensure their child gets the one remaining place at the elite Puggsley Academy of Excellence in Paramount+'s comedy film *Preschool*.

The Cage's Michael Socha stars as Brian, who grew up with nothing and is determined to give his son Dylan the life he never had by enrolling him at the posh preschool. But wealthy restaurateur Alan (*Ransom Canyon*'s Josh Duhamel) is equally desperate for his young daughter Grace to nab the remaining vacancy.

The two dads initially meet at an introductory tour of the school and quickly begin vying for the attention of its dean Mrs Lawrence (*Call the Midwife*'s Fenella Woolgar). But what follows is an absurdly slapstick and increasingly violent game of trickery and one-upmanship.

'Anyone with kids will relate to the lengths a parent will go to for their children, and in this case these two dads take it to the extreme,' says Duhamel, 53, who also directs the movie.

Michael Socha as Brian

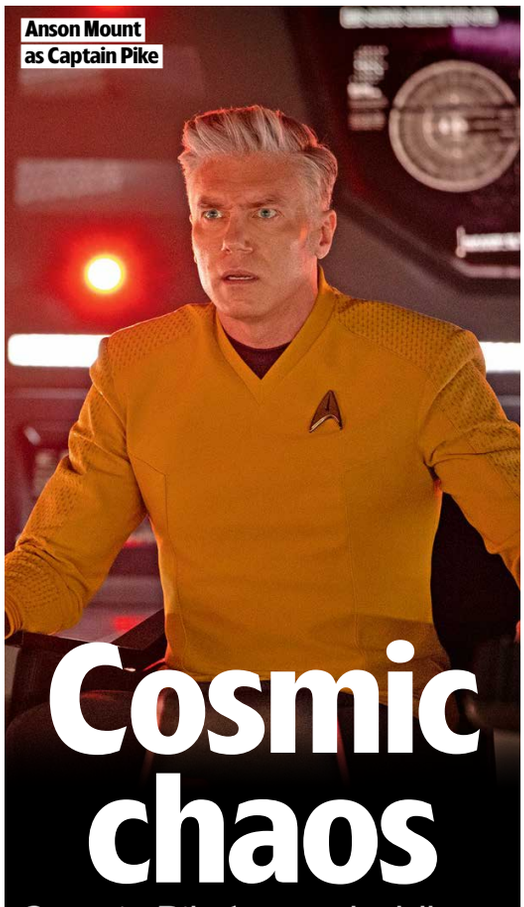
Brian and Alan get physical

'The truth is that kids just want to play and be kids. That's ultimately the lesson. But I want the movie to feel uncomfortable – to me, that's the best kind of comedy.'

CHAOTIC COMPETITION

Meanwhile, attempts at friendliness between the men's wives, Sarah and Lauren, played by *Two Weeks in August*'s Antonia Thomas and *The Great*'s Charity Wakefield, only fuels the flames of their husbands' feud as they begin to lose sight of what really matters.

'Brian doesn't come from an educationally supportive background, and his insecurities, wants and desires are ultimately put on the shoulders of his child. In the end, you're going, "What are you doing, you idiot?"' says Socha, 38. 'But I'm a giggler, I'm a corpser, and the whole film was a joy. I thoroughly enjoyed myself!'


Anson Mount as Captain Pike

Cosmic chaos

Captain Pike's crew boldly go into **surreal new territory**

Paramount+ Star Trek: Strange New Worlds

NEW *Available:* ***Thursday 23 July*** *Genre:* ***Sci-fi*** *Season:* ***4*** *Episodes:* ***10 (released weekly)***

Puppets and prehistoric predators are in store for the USS *Enterprise* in Season 4 of Paramount+'s sci-fi spin-off, *Star Trek: Strange New Worlds*.

The show is renowned for its experimental storytelling and its new 10-part run promises black holes, dinosaurs, a horror-themed episode and even felt-tastic figures as the crew is reimagined as puppets crafted by Jim Henson's Creature Shop.

'Meeting our puppets was a pinch-me moment,' says Anson Mount, 53, AKA Captain Christopher Pike.

But as the penultimate season begins, Captain Pike is still reeling from the vision of him living a full, happy life in an alternate reality, all the while knowing a tragic accident is his destiny.

FRESH CHALLENGES

'Pike was given this gift of being able to live an entire life that he'd written off,' says Mount. 'But the question of, "What's next?" crops up.'

His dilemmas are soon sidelined when the ship is pulled into a warp field and his Number One, Una Chin-Riley (Rebecca Romijn), heads up a mission to a nearby planet inhabited by dinosaurs.

'As well as Jim Henson's puppets, we worked with an actual puppet from *Jurassic Park*,' says Romijn, 53. 'It's so fun thinking, "How will they work this into the concept of *Star Trek*?" But they always do it successfully and we love all the genre-bending.'

WORDS: CAREN CLARK, CLAIRE CRICK, HANNAH DAVIES, REBECCA MAHONEY. PHOTOS: BBC, C4, HBO MAX, PARAMOUNT+, SKY, CBS

From left: Denise, Stuart, Bert and Barry

Out of this world

The Big Bang Theory's universe is expanding again

HBO max Stuart Fails to Save the Universe

NEW *Available: Friday 24 July Genre: Comedy Season: 1 Episodes: 10 (released weekly)*

Fans of *The Big Bang Theory* are familiar with comic-book-store owner Stuart Bloom, played by Kevin Sussman. But now the perpetual underdog is taking centre stage in HBO Max's new spin-off *Stuart Fails to Save the Universe* alongside other familiar faces from the original series.

Stuart is tasked with restoring reality after accidentally kick-starting a multiverse Armageddon by breaking a device built by *The Big Bang Theory*'s physicists Sheldon and Leonard. And, as the title suggests, things don't quite go to plan.

Taking his girlfriend Denise (Lauren Lapkus), geologist friend Bert (Brian Posehn) and quantum physicist/general pain in the neck Barry Kripke (John Ross Bowie) along for the ride, Stuart travels through interdimensional worlds, fighting to save humankind.

The foursome on an adventure

Unlike previous spin-offs, *Young Sheldon* and *Georgie & Mandy's First Marriage*, the new comedy is not a family sitcom but more like *Men in Black* meets *Doctor Who*.

'We realised early on that we could get away with anything,' says Chuck Lorre, co-creator of all the shows in the Big Bang franchise. 'And because each episode takes place in a different universe, we decided to bring back characters from the original series as different versions of themselves, so expect plenty of surprises.'

While Stuart might be the chosen one to save the universe, Sussman, 55, says being an unlikely hero is a team effort. 'Stuart is in the title, but this is an ensemble comedy. It was exciting to reunite the four characters for their never-ending journey back to reality. This show is a completely new concept to *The Big Bang Theory*, but with characters the audience know and love.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

BBC iPLAYER Austin

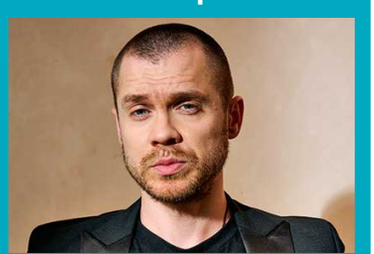
In the second run of BBC1's comedy, author Julian (Ben Miller) reels from a DNA test, which appears to show that autistic Austin (Michael Theo, pictured with Miller) is not his son. But as they try to track down Austin's birth dad, there's a shock revelation.

sky box sets NOW Virgin media Faithless

Sparks fly between budding actor Marianne (Frida Gustavsson) and director David (Gustav Lindh, pictured with Gustavsson) in Sky Atlantic's racy 1970s-set Scandi drama. But their affair has dark consequences...

sky box sets NOW Virgin media Katie Price: Nothing to Hide

Sky Documentaries' profile sees Price (above) speak candidly about her early years and a horrifying childhood assault, and recount how she was hungry for fame when she started out as a glamour model.



4 How to Get Filthy Rich

YouTuber Gary Stevenson (above) looks into the UK's ever-growing wealth gap in C4's documentary, and assesses whether his belief that a 2% tax on assets over £10 million could have an impact.

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

The Crow Girl
Monday 20 July

The second season of the Bristol-set thriller picks up the action after the events of Series 1 and sees DCI Jeanette Kilburn (Eve Myles) emotionally entangled with enigmatic psychologist Dr Sophia Craven (Katherine Kelly). Meanwhile, there are two grim discoveries in the hunt for the killers of young male asylum seekers. See feature, page 8.

My Big Fat Fabulous Life
Monday 20 July

In the 13th season of the American reality show, plus-size Whitney Way Thore is now in her 40s and wants to be a mother, but her dating struggles lead her to try to find a sperm donor to make her dream come true.

WWE: Unreal
Tuesday 21 July

There is more behind-the-scenes action in the third season of the show that takes viewers inside the writers' room of World Wrestling Entertainment. Wrestler turned movie star John Cena retires from the sport, a fan favourite returns and the next generation of WWE Superstars are set to rise to the occasion in WrestleMania 42.

A Toxic Love Story
Wednesday 22 July

True-crime documentary. In a wealthy California suburb, a young woman's arrest for a violent fantasy plot against her ex-boyfriend's new wife becomes a sensational scandal, but the truth remains hidden behind a sophisticated web of deception. As the investigation continues, it is unclear who the victim is and who the villain is.

Elite Force
Wednesday 22 July

French action thriller about members of the elite French intervention unit known as GIGN, who are deployed in the most tense domestic crises such as hostage situations, attempted terrorist attacks and other threats.

Kaulitz & Kaulitz
Thursday 23 July

The third season of the German reality series featuring identical twin brothers Bill and Tom Kaulitz, who are in the rock band Tokio Hotel, follows the siblings over several months as they juggle family life with touring, parties, flings, dramas and spending time in Hollywood and Berlin.

Star Trek: Strange New Worlds
Thursday 23 July

The fourth season of the sci-fi spin-off continues to follow the adventures of Captain Christopher Pike (Anson Mount) and the crew of the USS *Enterprise* as they explore new worlds and carry out missions in the 23rd century in the decade before the original *Star Trek* (1966-1969). See feature, page 16.

Pompeii: Out of Time with Tom Hiddleston
Thursday 23 July

Docuseries. *The Night Manager* actor Tom Hiddleston uncovers the stories of the people who lived in the ancient Roman city of Pompeii before it was catastrophically destroyed when Mount Vesuvius erupted in AD 79, leaving its residents preserved in volcano ash. Combining groundbreaking archaeology, dramatic reconstructions and cutting-edge research, the series is a minute-by-minute account of the disaster. Also showing on National Geographic (Thu, 8pm & 9pm). See feature, page 20.

Ransom Canyon
Thursday 23 July

The second season of the modern-day western revolving around ranching families in Texas Hill Country takes place six months after the first series. Rancher Staten Kirkland (Josh Duhamel) fights to reclaim his legacy, while musician Quinn O'Grady (Minka Kelly) is torn between her small-town roots and the allure of New York.

King of the Hill
Monday 20 July

Following its return last summer after a 15-year absence, the animated comedy is back for a 15th season. As Hank Hill (voiced by the show's co-creator Mike Judge) and wife Peggy (Kathy Najimy) continue to adjust to retirement in Arlen, Texas, their grown-up son Bobby (Pamela Adlon) is now dating long-time friend Connie (Lauren Tom).

Stuart Fails to Save the Universe
Friday 24 July

The latest comedy in the Big Bang Theory universe revolves around comic-book-shop owner Stuart Bloom (Kevin Sussman), who is tasked with restoring reality after he breaks a device built by Sheldon and Leonard, accidentally bringing about a multiverse Armageddon. Stuart is aided in this quest by his girlfriend Denise (Lauren Lapkus), geologist Bert (Brian Posehn) and quantum physicist Barry (John Ross Bowie). See feature, page 17.

Preschool
Friday 24 July

Comedy. Two fathers go to extreme lengths to ensure that their child gets the one remaining spot at an elite English preschool. Starring *Ransom Canyon*'s Josh Duhamel, who also directs the film, *The Cage*'s Michael Socha, *Two Weeks in August*'s Antonia Thomas and *The Great*'s Charity Wakefield. See feature, p16.

72 Hours
Friday 24 July

Comedy starring Kevin Hart as a 40-year-old executive who joins a group of 20-somethings on a wild three-day bachelor party in Miami after he's inadvertently added to their group text.

The Truthers
Friday 24 July

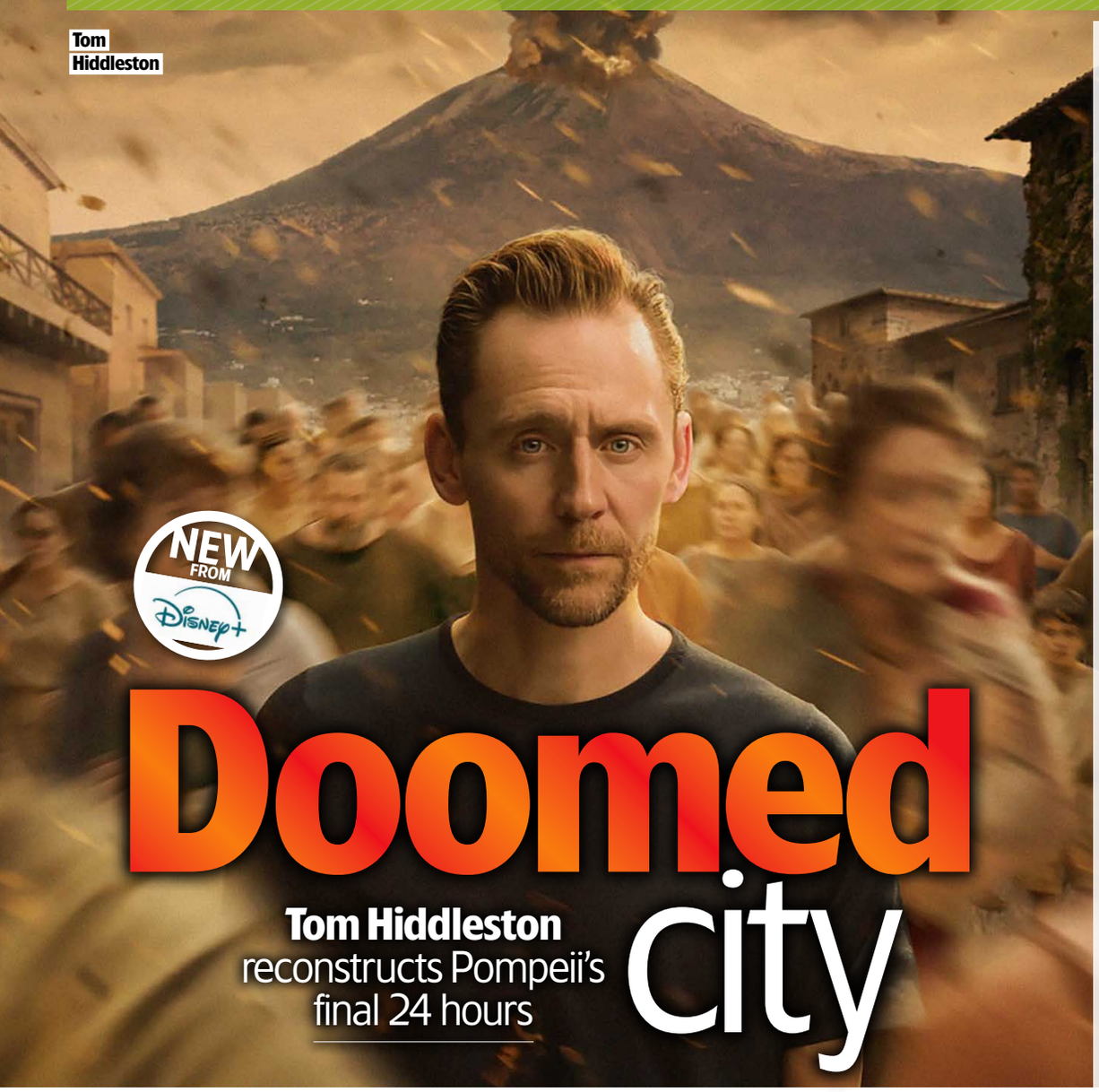
Spanish psychological thriller. A 30-year-old woman, who has been estranged from her family for some time, returns home when her mother dies under mysterious circumstances. There, she reunites with her erratic, conspiracy-obsessed father, only to suspect that he might be responsible for her mother's death.

The Dink
Friday 24 July

Sports comedy. Former tennis prodigy Dusty Boyd (Jake Johnson) is reduced to coaching unruly children at his father's suburban country club. But when Dusty aggravates an old injury, he tries pickleball – a sport his father (Ed Harris) detests – and finds that he actually enjoys it. With Ben Stiller and Mary Steenburgen. See feature, p14.

WORDS: JUDY EWENS. PHOTOS: © 2026 DISNEY & ITS RELATED ENTITIES. NETFLIX

Documentaries



NEW FACTUAL

Pompeii: Out of Time with Tom Hiddleston

Thursday, 8pm & 9pm, National Geographic (box set, Disney+)

In the summer of 1998, when Tom Hiddleston was 17 and travelling around Italy with a friend, he visited the ruined city of Pompeii. Seeing the entombed figures, killed in AD 79 when lava from the erupting volcano Mount Vesuvius buried the city, changed his life, inspiring him to study classics at Cambridge University.

'I'm 45 now but those images of all those who died have never left me,' says *The Night Manager* and Marvel Cinematic Universe star. 'The plaster casts of the people of Pompeii who are frozen in time, they are not just recreations of human shapes; they are human shapes. They are people. In Pompeii you can time travel.'

Now the actor fronts National Geographic's three-part documentary *Pompeii: Out of Time with Tom Hiddleston* (also showing on Disney+),

Young apprentice Avianius

Boris Johnson: Into Ukraine's Kill Zone

Friday, 9pm, 5

To gain first-hand insight into the ongoing conflict, the former Prime Minister (above, left) is embedded with Ukrainian soldiers on the frontline of the Russia-Ukraine war, joining the part-timers of the 112th Territorial Defence Brigade as mobile teams attempt to locate and destroy enemy drones.

Evolution

Monday, 9pm, BBC2

Why does the ostrich lay the biggest eggs in the world? In Episode 2 of his series, Chris Packham (right) follows a chain of events stretching back four billion years, including the lobe-finned fish laying its eggs on land for the first time. That breakthrough reshaped life on Earth, giving rise to reptiles, dinosaurs and birds.

The Devil in the Family: The Fall of Ruby Franke

Thu, 9pm (times vary), BBC2 (box set, iPlayer)

Utah mother-of-six Ruby Franke (above) attracted millions of subscribers to her YouTube channel documenting her family life. Then in 2023, she and business parter Jodi Hildebrandt were charged with six counts of aggravated child abuse of two of Franke's children.

● ***Previously shown on Disney+***

WORDS: NATASHA HOLT. IAN MACEWAN. PHOTOS: 5, BBC, C4, DISCOVERY+, NATIONAL GEOGRAPHIC, QUEST

The Praetorian soldier

Locals Cassius and Amalthea

which uses a mixture of archaeological evidence and dramatic reconstructions to chart the final 24 hours of the city and explore one aspect of the tragedy that is often overlooked – that there were survivors.

CATASTROPHE

The series focuses on three real people who were caught up in the disaster – a teenage apprentice in a forge, a wealthy businesswoman and a disenchanted soldier – and looks at the impossible choices they would have faced and the decisions they may have made before the thriving Roman city was destroyed.

The episodes follow the trio through Pompeii's final day, joining them moments before the first tremors that signalled earthquakes caused by the volcano's movements. It then traces their stories right through to the eruption itself, the moment red-hot lava buried the city under millions of tons of ash and pumice, killing 2,000 residents.

FIGHT OR FLIGHT?

Young apprentice Avianius must decide whether to find his mother before fleeing Pompeii, businesswoman Julia Felix debates whether to evacuate her guests from the bathhouse she owns, and the soldier known only as the Praetorian guard considers whether to launch a rescue mission in the nearby town of Herculaneum, which was also destroyed in the catastrophic eruption.

'The story of Pompeii is a story of death,' says Hiddleston. 'But what if there's another story to tell here? A story of survival.

'Pompeii isn't buried alive instantly,' he continues. 'It actually took a day to be entombed in ash. A single day, among the most harrowing that anyone on this earth has ever experienced. But a day. A chance. Maybe we don't know the story of Pompeii at all.'

The Showjumper Murder

Thursday, 10pm & 11pm, C4 (box set, Channel 4 Streaming)

When Katie Simpson (above) died in 2020 in Londonderry, her sister's partner Jonathan Creswell who, along with Katie, was well known in equestrian circles, claimed she had died by suicide. This two-parter reveals how Creswell's shocking abuse of Katie was uncovered after years of violence and threats.

World's Biggest Sharks

Mon, 8pm, National Geographic WILD

A look at encounters with the largest sharks in our oceans, including a 20ft great white off the coast of Hawaii and a 9ft bull shark seen near Florida. We also witness marine biologist Kori Burkhardt's swim with an 18ft tiger shark in Tahiti, and learn how conservation efforts there are helping restore endangered shark populations.

Johnny Vegas

Back in business

Johnny Vegas reopens his antiques shop

Vegas with a lamp

NEW FACTUAL

Johnny Vegas' Little Shop of Antiques

Tuesday, 9pm, Quest

When comedian, actor and avid collector Johnny Vegas fulfilled his lifelong dream and opened a pop-up antiques and collectables shop in Dagfields, Cheshire last year, he was overwhelmed by how quickly the business took off.

'It was a big gamble,' admits Vegas, 54, in an exclusive chat with *TV & Streaming Week*. 'I'm not an antiques dealer but I know what I like and it's lovely when another dealer says you've got a good eye.'

The show, which followed Vegas as he stocked his Vintage Vegas store with items he'd bought over the years, is back for a second series and sees the shop move from a pop-up to a more permanent location.

Vegas is again joined by his friend and assistant Bev Dixon, but this time he's also brought in his partner Vikki to launch the business online.

'It's half shop now and half 70s sitcom,' jokes Vegas. 'Vikki and Bev get talking and I'm trying to say something that really matters and they're not bothered.

'The buying for the shop is properly shared between the three of us, though, and we're a real team. It's great but I must admit I do like proving them wrong.'

EYES ON THE PRIZE

And that's something Vegas does fairly often, surprising them by managing to sell such quirky items as a giant silver boot and a huge fairground papier-mâché head.

'They need to have some faith,' says Vegas. 'If I buy something that appears outlandish, trust me there's a collector out there for it.'

He also searches for more stock, rescues overlooked collections and celebrates little-known artists.

'It's been a learning curve,' says Vegas. 'But I'm fully invested in this and want to keep the shop open once the cameras stop rolling. Now I'm being treated like a dealer by other dealers and that's the biggest compliment you can get.'

Bev (left) and Vikki

Films Our pick of this

Piecing it together: Michael and Inde

MOVIE OF THE WEEK

Obsession

The sensational horror smash hit about being very careful what you wish for...

HORROR ROMANCE

Available now, buy or rent from digital stores including Prime Video and Sky Store ★★★★

The viral smash hit, *Obsession* takes a familiar horror trope and twists it into something special with a sharp script, inventive direction and an exceptional actor at its core. All of this from young YouTuber Curry Barker, whose film cost less than $1million to make, but so far has raked in more than $400million.

It begins in well-worn territory, with all round sad sack Bear (Michael Johnston) unable to express his feelings to his co-worker Nikki (Inde Navarrette), but through a magical gizmo makes a wish for her to 'love him more than any other in the whole world'. She's instantly his and their intial relationship seems like a cheesy romcom, but it isn't long before the wheels fall off, with Nikki's refusing to leave Bear alone – ever. Nikki's no monster, though – it is Bear who is to blame for her 'change' but he's too selfish and cowardly to do anything about it.

As the film cranks up, it's clear Navarrette is a star in the making: she goes for broke with a performance that's genuinely unhinged and terrifying – her movements, her dead, fixated smile and sudden bouts of rage all combine to keep us off guard. The film does have a couple of bouts of extreme violence, but it's mostly the atmosphere that Barker creates that is so effective, making this the best horror of the year by quite some distance. 2025, 18, 109MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, LIZ MILROY, NIGEL PIZEY

More premieres and Day by Day planner ›››

week's Best Movies

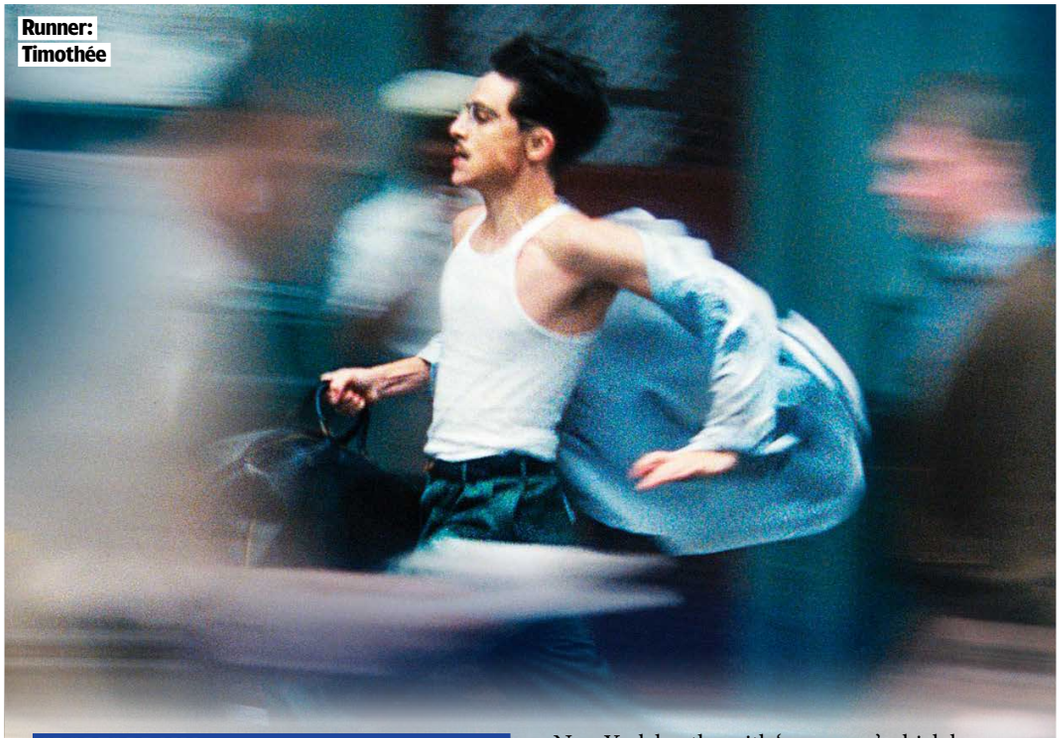
THRILLER

In Cold Light

Saturday, 11.50am & 10.15pm, Sky Premiere ★★★★

Just out of prison, drug dealer Ava (Maika Monroe) wants back in on the business, but ends up witnessing a murder and having to go on the run. With the killers targeting her family – including her estranged father (renowned deaf actor Troy Kotsur)– to get to her, though, she is fast running out of options. French-Canadian director Maxime Girouxhas brings a bleak, gritty veneer to this good but flawed crime drama. Its fairly conventional, predictable story and occasional leaden pace don't help, but Monroe is mesmeric as this distinctly unlikeable but incredibly resilient character, particularly lighting up in the scenes butting heads with her dad. Also, in a small but key cameo, Helen Hunt brings a level of class to the grubby proceedings. 2025, 15, 96MIN

Troubled: Maika



Runner: Timothée

SPORTS DRAMA

Marty Supreme

Available now, Prime Video ★★★★★

A kinetic, exhausting, brilliantly crafted blast of a movie which somehow gets you rooting for its impulsive, reckless and, at times, supremely unlikeable lead character – 1950s wannabe table tennis champ Marty Mauser – thanks to Timothée Chalamet's tour-de-force performance. Chalamet's Marty is a blue-collar New York hustler with 'a purpose' which he will sacrifice literally anything to achieve, as we see his messy and chaotic route to a final reckoning against Koto Kawaguchi's Japanese champion Endo. As Marty struggles against the odds to get the money to compete, the sport itself is depicted with the same relentless high-stakes energy that drives the whole movie. Unique, unsettling and wildly entertaining in equal measure, prepare to be worn-out by the time the final credits roll. From 17 July. 2025, 15, 150MIN

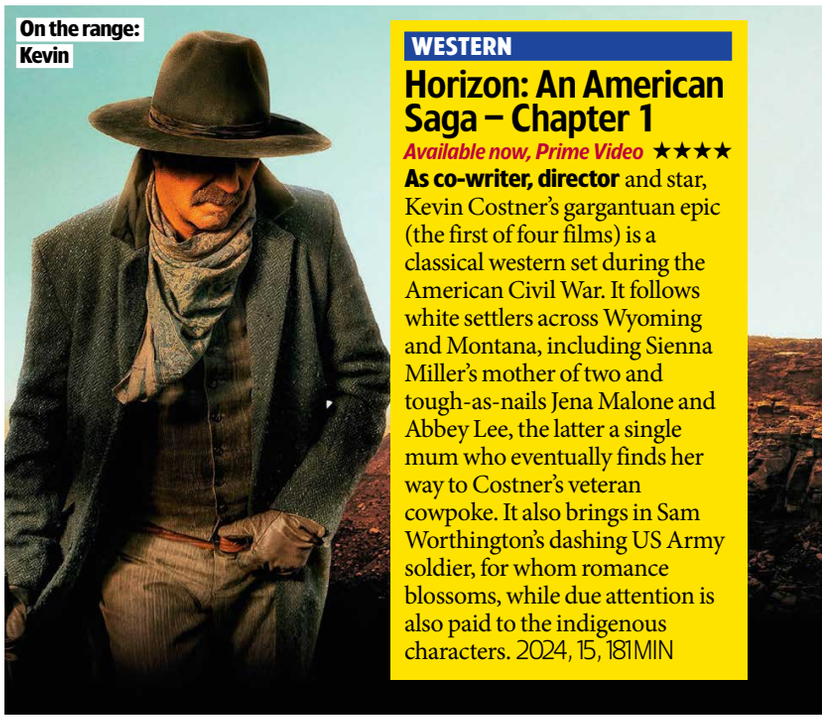
Fatality: Karl and the gang

ACTION FANTASY

Mortal Kombat II

Friday, 8.05am & 8pm, Sky Premiere/HBO Max ★★★

It does what it says on the tin is all you really need to know, as this sequel brings back familiar faces and adds new heroes in the shape of Princess Kitana (Adeline Rudolph) and has-been action film star Johnny Cage (Karl Urban). They all, eventually, get together to defeat the all-conquering Shao Khan (Martyn Ford) in the tournament of the title. There's probably little appeal if you're not familiar with the videogame or previous films, though Josh Lawson and Urban do provide a welcome line in humour and the film delivers all the thrills fans need. 2024, 15, 116MIN



On the range: Kevin

WESTERN

Horizon: An American Saga – Chapter 1

Available now, Prime Video ★★★★

As co-writer, director and star, Kevin Costner's gargantuan epic (the first of four films) is a classical western set during the American Civil War. It follows white settlers across Wyoming and Montana, including Sienna Miller's mother of two and tough-as-nails Jena Malone and Abbey Lee, the latter a single mum who eventually finds her way to Costner's veteran cowpoke. It also brings in Sam Worthington's dashing US Army soldier, for whom romance blossoms, while due attention is also paid to the indigenous characters. 2024, 15, 181MIN

Films

Shine on: Pedro and pal

SCI-FI ADVENTURE

Star Wars: The Mandalorian and Grogu

From Tuesday, buy or rent from digital stores ★★★

Right from the off, this big-screen *Star Wars* adventure based on the hit Disney+ series featuring Pedro Pascal's ever-helmeted bounty hunter the Mandalorian and his adorably cute apprentice Grogu, aka Baby Yoda, makes it clear that it is going to deliver considerably more spectacle than its small-screen counterpart.

The opening scene shows Mando briskly laying waste to the fortress of an imperial warlord and destroying a couple of gigantic four-legged combat vehicles (AT-ATs) as he makes his escape. However, when the dust settles and the story proper begins to unfold, it's debatable whether bigger really means better.

The action takes place a year after the fall of the Empire and the New Republic has hired Mando to hunt down remaining Imperial bad guys. He and Grogu's next mission is to secure intel on the whereabouts of another warlord in exchange for rescuing Rotta the Hutt (voiced by Jeremy Allen White), son of Jabba, the kingpin slug killed by Princess Leia in *Return of the Jedi*.

The narrative linking the story beats feels a little like several episodes of the series bolted together, but the pair's quest features a fair amount of cool shoot-outs for Mando and cute moments for Grogu, which may be enough for some. 2026, 12, 132MIN

Hidden gems Great movies you might have missed...

COMEDY

Dogma

Mubi ★★★★

Cult writer-director Kevin Smith conjures up a star-studded, ambitious and imaginative comedy about two fallen angels (Ben Affleck and Matt Damon) who find a loophole in church dogma that allows them to return to Heaven via a church portal, thus proving God fallible. Bold to tackle religion in a mainstream Hollywood comedy, this is an always amusing, often laugh-out-loud film, with a surprisingly lighthearted, easygoing nature. 1999, 15, 126MIN

COMEDY DRAMA

Instant Family

Netflix ★★★★

Mark Wahlberg and Rose Byrne deliver a warm, winning mix of heart and humour in this comedy drama about a couple who find themselves out of their depth when they agree to foster three children. Indeed, Wahlberg and Byrne's middle-class Atlanta spouses are quickly in over their heads after they take on the troubled offspring of a drug-addict mother, but their subsequent efforts to cope prove both funny and touchingly feel-good. 2018, 12, 118MIN

PERIOD DRAMA

The Master

Prime Video ★★★★

Paul Thomas Anderson's brilliant, sprawling tale of emotional and psychological turbulence is set in the years following World War Two. It explores the relationship between Joaquin Phoenix's traumatised Navy veteran and Philip Seymour Hoffman's cult leader (loosely inspired by Scientology founder, L Ron Hubbard), who claims to be able to cure humanity's ills by unlocking past lives. Both actors excel, as does Amy Adams as Hoffman's steely wife. 2012, 15, 138MIN

Saturday 18 July

COMEDY

Wicked Little Letters

9pm, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

It's the 1920s and, in the quaint seaside town of Littlehampton, residents begin receiving a series of foul-mouthed, anonymous letters. Accusations are levelled at Irish single mum Rose (Jessie Buckley) as she's viewed with suspicion from the likes of pious neighbour Edith (Olivia Colman), who lives with her parents (Timothy Spall and Gemma Jones) and resents the free-spirited Rose, but intuitive police officer Gladys (Anjana Vasan) has her doubts. With an excellent cast, also including Jason Watkins, Joanna Scanlan and Eileen Atkins, this is entertaining, but its tendency to descend into farce hampers the potential to be more profound. 2023, 15, 100MIN

Mind your language: Jessie and Olivia

ROMCOM

Bridget Jones: Mad About the Boy

9.55am, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

In the best instalment since 2001's original *Diary*, Renée Zellweger is back for her fourth outing as Helen Fielding's klutzy Bridget. She's no longer a singleton, but a widow with two kids who's tentatively trying to date again. Park ranger Leo Woodall and fussy teacher Chiwetel Ejiofor are the very different potential suitors in a story that is still funny, but also heartfelt. Best of all, though, is Hugh Grant's return as caddish Daniel Cleaver, showing off impeccable comic timing and stealing his every scene. 2024, 15, 125MIN

MUSICAL

Jesus Christ Superstar

2.40pm, BBC2 ★★★

Sex ●●● Violence ●●● Language ●●●

The famous Tim Rice and Andrew Lloyd Webber stage musical gets a routine screen treatment. Ted Neeley's Jesus doesn't make much of an impression, leaving Carl Anderson's Judas to walk off with the acting and singing honours. But the location filming in Israel is a big bonus, the musical numbers are staged and scored with cheesy 1970s flair – especially the camp scenes in King Herod's harem and the glittertastic title song – and Yvonne Elliman's Mary Magdalene does an outstanding job with her big number, *I Don't Know How to Love Him*. 1973, PG, 107MIN

COMEDY HORROR

The Menu

10.55pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Taking gleeful aim at the entitled awfulness of the super-rich, this pitch-black comedy sees a select group arrive on a private island to sample celebrity chef Ralph Fiennes' $1,250-a-head tasting menu. Among them are pretentious foodie Nicholas Hoult, his unimpressed date Anya Taylor-Joy, restaurant critic Janet McTeer and fading film star John Leguizamo. Initially serving up big helpings of comedy, the movie becomes deliciously sinister as each elaborately fussy course is unveiled – what exactly are Fiennes and his staff cooking up..? 2022, 15, 107MIN

CRIME COMEDY

Zola

12.15am, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

'Most of what follows is true,' proclaims this playful, pulse-pounding road trip spun out from a rollicking 2015 Twitter thread that gripped the US. Canny waitress Zola (Taylour Paige) is enticed into a Florida lapdancing jaunt with flaky new friend Stefani (Riley Keough). Also along for the ride is short-fused 'roommate' X (the fun and very frightening Colman Domingo). But Zola needs all her ingenuity to stay alive in a blackly comic whirlwind of sex work and turf wars. 2020, 18, 86MIN

■ Full listings start on **p35**

Sunday 19 July

HORROR

Weapons

10.25pm, Sky Sci-Fi/Horror ★★★★★

Sex ●●● Violence ●●● Language ●●●

At precisely 2.17am one night, 17 children from the same Pennsylvania elementary school class run out of their homes, arms outstretched – and vanish. The remainder of writer-director Zach Cregger's riveting film untangles the tale through six characters – the kids' teacher Julia Garner, her ex and local cop Alden Ehrenreich, angry dad Josh Brolin, headteacher Benedict Wong, junkie Austin Abrams and quiet, withdrawn sole remaining pupil Cary Christopher. Meanwhile, turning up half way through, Oscar-winning Amy Madigan takes things to another level. It's a brilliant mix of grotesque comedy and skin-prickling terror. 2025, 18, 128MIN

Looking for answers: Julia and Josh

ANIMATION

The Bad Guys 2

12noon, Sky 2026 Recap ★★★★

Sex ●●● Violence ●●● Language ●●●

Smart, zippy and full of breezy silliness, this sequel to the 2022 movie is tremendous. This time, Mr Wolf and his rascally chums are trying to go straight, but find themselves framed for a crime they didn't commit and blackmailed into attempting one last high-stakes robbery. With endearingly comic vocal performances from Sam Rockwell, Awkwafina, Marc Marron, Zazie Beetz and Richard Ayoade, this nimbly juggles gags for the kids with clever film references for the grown ups – and it looks fabulous, too. 2025, PG, 104MIN

SUPERHERO

Spider-Man: No Way Home

3.15pm, BBC1 (2.15pm Wales) ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Holland's third Spidey movie is a blast. He wants everyone to forget that he's Spider-Man, which means a visit to Benedict Cumberbatch's Doctor Strange, but things get complicated and he ends up unleashing a host of villains from the past (including Alfred Molina's Doc Ock, Willem Dafoe's Green Goblin, Rhys Ifans' Lizard and Jamie Foxx's Electro), along with several other familiar faces. There may be too much crammed into the running time, but it's still an action-packed treat. 2021, 12, 148MIN

SCI-FI

Xeno

6.15pm, Sky 2026 Recap ★★★

Sex ●●● Violence ●●● Language ●●●

Think of *E.T.* but with teeth and you have a decent handle on *Xeno*, as a lonely 15-year-old girl (Lulu Wilson) discovers and bonds with a monstrous, deadly alien out in the New Mexico desert, trying to shield it from government forces (personified by a zealous Omari Hardwick). Wilson, best known as the psychotic hero of the *Becky* movies, is superb, holding together this tonally inconsistent drama, helped by a beast created by practical effects (no CGI here). The pair make for an engaging and intriguing double-act. 2025, 15, 103MIN

PERIOD DRAMA

The Guernsey Literary and Potato Peel Pie Society

8pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

The title may be more than a mouthful, but this tasty movie slips down a treat. Writer Lily James travels to post-war Guernsey and learns the story of the eponymous book club, and uncovers secrets about the German occupation while striking romantic sparks with Michiel Huisman's book-loving pig farmer. A hearty mix of romance and mystery, with a sprinkling of wit, English eccentricity and nostalgia on top. 2018, 12, 124MIN

■ Full listings start on **p45**

Weekday movies over page

Films Weekday movies

Monday 20 July

HORROR ROMANCE

The Bride!

10pm, Sky 2026 Recap ★★★★

Sex ●●● Violence ●●● Language ●●●

A gloriously unhinged monster mash of a movie, this stars Jessie Buckley as a gangster's moll in 1936 Chicago who meets a violent end. She's 'reinvigorated' by a mad scientist (Annette Bening) as a mate for achingly lonely monster 'Frank' (Christian Bale) and the pair go on the run, pursued by cops and gangsters and inspiring abused women across the US to strike back at their tormentors. The film is messy, but is held together thanks to its visual daring, anarchic energy and the brilliance of its cast. 2025, 15, 127MIN

Shout out: Christian and Jessie

SUPERHERO

Kraven the Hunter

11.10am & 12.45am, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

Aaron Taylor-Johnson certainly looks the part as Kraven, one of Marvel's most iconic anti-heroes, a man with the senses and strength of various animals and a strict code of honour as he hunts criminals. Sadly, the film itself is far less muscular, with dodgy CGI and a trite script. But for the most part, it's a visceral, blood-soaked ride that revels in Russell Crowe and Alessandro Nivola chewing up the scenery. 2024, 15, 127MIN

FAMILY ADVENTURE

How to Train Your Dragon

11.35am, Sky 2026 Recap ★★★★

Sex ●●● Violence ●●● Language ●●●

This fun live-action remake of the enchanting 2010 animation has heart, humour and eye-popping action. On an island where Vikings and dragons are at war, misfit Hiccup (Mason Thames) becomes a hero – to the surprise of his clan chief father (Gerard Butler, reprising his animated role) – after he secretly befriends a dragon and learns ways of disarming them. 2025, PG, 125MIN

DRAMA

Karate Kid: Legends

4.10pm & 5.20am, Sky Karate ★★★

Sex ●●● Violence ●●● Language ●●●

In China, skilled martial-arts student Ben Wang is mentored by kindly Jackie Chan. Then he's uprooted to New York where, of course, there's a bully (Aramis Knight) who needs to be taught a lesson... There is a lot on the boil in an overstuffed film, before we get down to the fighting, but Wang's appealing, Chan twinkles and original karate kid Ralph Macchio is a welcome addition. Catch all the *Karate Kid* films from 6am. 2025, 12, 94MIN

CLASSIC THRILLER

In the Heat of the Night

11pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Big-city policeman Virgil Tibbs (Sidney Poitier) comes up against a wall of prejudice when he tries to help bigoted but canny police chief Rod Steiger solve a murder case in a small Southern town. This classic thriller, which won five Oscars, boasts powerful acting from the leads and well-handled suspense from director Norman Jewison. 1967, 12, 108MIN

■ Full listings start on p55

Tuesday 21 July

THRILLER

Speak No Evil

On now, Netflix ★★★★

Sex ●●● Violence ●●● Language ●●●

On holiday in Italy, American couple Scoot McNairy and Mackenzie Davis are befriended by seemingly nice Brits James McAvoy and Aisling Franciosi and invited to their farmhouse in Devon. When they arrive, though, something seems ever-so-slightly off, until McAvoy's toxicity bubbles to the surface and horror erupts… All the actors are superb in director James Watkins' remake of the 2022 Danish-Dutch original, and the result is shrewd, engrossing and pleasingly nasty. Starts 16 July. 2024, 15, 110MIN

It's no picnic: James and Aisling

COMEDY

Gremlins 2: The New Batch

7.15am, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

Cute Gizmo is reunited with Zach Galligan and Phoebe Cates, who are stuck working for a wealthy businessman. But, of course, Gizmo soon gets wet again and a new batch of gremlins causes havoc. Director Joe Dante's sequel is fun, but the plot is a mess, relying too much on in-jokes. However, the *New York, New York* Busby Berkeley-style musical number is inspired. 1990, 12, 107MIN

CAPER

Ocean's Thirteen

11.15am, Sky Thriller ★★★

Sex ●●● Violence ●●● Language ●●●

George Clooney's Danny Ocean is angry that tycoon Al Pacino has swindled pal Elliott Gould. So he gathers the gang back together to rob Pacino's new casino. This foolhardy scheme entails, among other things, getting the advice of Eddie Izzard, sticking a false nose on Matt Damon, transforming Don Cheadle into an Evel Knievel-style stunt motorcyclist and inducing a fake earthquake. It's all suave, slick and effortlessly entertaining. 2007, PG, 122MIN

DRAMA

Joker: Folie à Deux

10.10pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

Joaquin Phoenix's Arthur Fleck is locked in Arkham asylum awaiting trial for murder. His notoriety as the Joker has won him legions of fans, including fellow patient and pyromaniac Harleen 'Lee' Quinzel (Lady Gaga). Their unlikely romance plays out as a colourful, bizarre musical fantasy, set to a mix of show tunes and easy listening ballads, and Phoenix once again goes for broke in Todd Phillips' daring and divisive sequel. 2024, 15, 138MIN

COMEDY DRAMA

The History Boys

11pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Richard Griffiths gives a brilliantly outsized, memorable turn as a history teacher who lands in trouble when he gets a class of grammar school sixth formers (including Dominic Cooper and James Corden) into shape for Oxbridge in the early 1980s. Full of funny, revealing lines, Alan Bennett's script, from his own play, is as witty and wise as it is provocative, clever and subversive. 2006, 15, 109MIN

■ Full listings start on p65

Wednesday

PERIOD DRAMA

The Choral

6pm, Sky 2026 Recap ★★★★

Sex ●●● Violence ●●● Language ●●●

German-loving, an atheist and also gay, Ralph Fiennes' conductor is persona non grata in his 1916 Yorkshire mill town, until conscription forces the local powers that be to draft him in as the new choirmaster. Alan Bennett's deft if predictable script

Making music: Ralph

COMEDY

Bill & Ted's Excellent Adventure

8.05am, Sky Greats ★★★★

Sex ●●● Violence ●●● Language ●●●

A disarmingly hilarious comedy adventure in which dim-witted high-school teens Bill (Alex Winter) and Ted (Keanu Reeves) use a time-travelling phone box to complete their school history project and thus save the universe. The humour is brilliantly off the wall – such as Beethoven expressing a liking for Bon Jovi's *Slippery When Wet* album – and nowhere near as dumb as you might expect. 1988, PG, 87MIN

ANIMATION

Shark Tale

10.30am, Sky Family ★★★★

Sex ●●● Violence ●●● Language ●●●

Although it is always likely to live in the shadow of that other animated undersea comedy *Finding Nemo*, this is a witty and colourful movie in its own right. Will Smith provides the voice of the hero, a wimpy minnow who achieves fame after he is misidentified as being responsible for slaying a shark. It's an agreeable send-up of classic gangster movies, even if many in-jokes will fly over most kids' heads. 2004, U, 90MIN

22 July

intersperses comedy with tragedy as it looks at the impact of the Great War on the home front. Fiennes gives a typically thoughtful and thought-provoking performance, while Alun Armstrong and Mark Addy pad out an accomplished cast of British stalwarts, but it's the soaring music itself that makes this drama sing. 2025, 15, 108MIN

DRAMA

The Hurt Locker

10.40pm, BBC1
(11.40pm NI, Wales) ★★★★★

Sex ●●● Violence ●●● Language ●●●

Kathryn Bigelow became the first woman to win a Best Director Oscar with this Iraq War drama. There are cameos by Guy Pearce and Ralph Fiennes, but Jeremy Renner takes the lead as a fearless bomb-disposal expert in 2004 Iraq. It is a heart-stopping watch as Bigelow plunges us into the heat and dust of Baghdad and characters puzzle over the latest improvised bomb. 2008, 15, 131MIN

THRILLER

Catch Me If You Can

10.45pm, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

Teen Leonardo DiCaprio passes himself off as a pilot, a lawyer and even a doctor across 1960s America, amassing a fortune from forged cheques. And always just to late to catch him is uptight FBI agent Tom Hanks. Steven Spielberg's fascinating true-story adventure is gloriously funny, expertly acted and full of eye-catching period detail. 2002, 12, 141MIN

■ Full listings start on **p75**

Thursday 23 July

COMEDY

Jules

9pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

Everyone dismisses loner Milton (Ben Kingsley) when he claims a UFO has crashed in his garden, attributing his story to incipient dementia. That he is telling the truth and now has a pint-sized alien (Jade Quon) for a house guest enables this cosy comedy to gently channel *Cocoon*, as Kingsley's fellow oldsters Harriet Sansom Harris and Jane Curtin help him return 'Jules' to orbit. Bizarro details (the ET's saucer needs dead moggies to fly) augment Marc Turtletaub's low-key curio's unassuming charm. 2023, 12, 87MIN

Seeing things: Ben

BIOPIC

Lee

12.40pm, Sky Drama ★★★

Sex ●●● Violence ●●● Language ●●●

A deliciously brusque Kate Winslet is US model-turned-photojournalist Lee Miller in this handsome biopic. It follows her hard-drinking obsessive as she finds her photographic passion in World War Two, haring across France and Germany with the US Army, doggedly recording the horrors and defying bans on women reporters. Winslet's Miller is a superb creation, though friends and lovers come off as merely one-note. 2023, 15, 117MIN

ROMCOM

Hitch

12.45pm, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

A jolly romcom with Will Smith as a 'date doctor' who tutors hapless suitors (including Kevin James) on how to win the girl of their dreams, but is less effective at sorting out his own romance with a cynical Eva Mendes. There are some embarrassing moments, but Smith and Mendes have charm – and the kissing lesson is wildly funny. It's no masterpiece, but a pleasant diversion. 2005, 12, 118MIN

THRILLER

Drop

9.45pm & 5.35am, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

On her first date in years, widow Meghann Fahy starts receiving odd messages on her mobile. A gunman in her house will kill her son and babysitting sister unless she does what the texts say without telling anyone – least of all her date (Brandon Sklenar). Twist is, the messages are from inside the restaurant... Director Christopher Landon's clever thriller stokes up the suspense brilliantly and Fahy is superb. 2025, 15, 95MIN

DRAMA

The Inspection

11.05pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

This boot-camp drama is a layered take on rejection and identity, anchored by Jeremy Pope's magnetic lead. It's circa 2005, he's gay and, rejected by mother (Gabrielle Union), he joins the Marines. His refusal to be broken by the likes of Bokeem Woodbine's sadistic sergeant is a measure of his determination to find himself, right up to the charged finale. 2022, 15, 95MIN

■ Full listings start on **p85**

Friday 24 July

HORROR

Opus

12.10pm, Sky Sci-Fi/Horror ★★★★

Sex ●●● Violence ●●● Language ●●●

Journalist Ayo Edebiri is one of only six people chosen to go to hear the latest music of a legendary reclusive musician (a magnificent John Malkovich) who's releasing his first album in 27 years. But she has little idea of a what's in store when she arrives at his compound – it seems… culty. And things only get weirder. And bloodier. The first film by the ex-editor of *GQ*, Mark Anthony Green, this becomes increasingly sinister, with Edebiri proving a superb anchor for the insanity going on around her. 2025, 15, 104MIN

Behind you: John and Ayo

ANIMATION

Chicken Run

9.55pm, Sky Family ★★★★

Sex ●●● Violence ●●● Language ●●●

A group of battery farm chickens, led by Ginger (voiced by Julia Sawalha) plot to break out, *Great Escape*-style – and their best hope lies with cocky Rocky the rooster (Mel Gibson) after he crash-lands in their compound. Directed by Nick Park and Peter Lord, the team responsible for *Wallace & Gromit*, this delightful animation is cock-a-hoop with exuberant fun and cute characters that will leave you eggstatic. 2000, U, 84MIN

DRAMA

Janet Planet

11.05pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

PREMIERE Over a languid summer in 1991 Massachusetts, 11-year-old Lacy (Zoe Ziegler) spends time with her mum, Janet (Julianne Nicholson), witnessing the various people her mother brings into their lives. Their relationship is all the introverted, depressed Lacy wants and this fragile, show-don't-tell drama shows how quiet manipulation as much as love is at the heart of this mother/daughter bond. 2023, 12, 113MIN

FANTASY ROMANCE

La La Land

11.35pm, BBC1 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Writer-director Damien Chazelle's joyous and uplifting Oscar-winning homage to the golden age of Hollywood musicals is a delight. Opening with a bravura sequence in which a traffic jam on an LA flyover turns into a stunningly choreographed dance routine, the movie goes on to explore the bittersweet love story of two Hollywood hopefuls – Emma Stone's aspiring actress and Ryan Gosling's purist jazz pianist. 2016, 12, 128MIN

ACTION COMEDY

Polite Society

12.05am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

A suburban schoolgirl and wannabe stunt performer (Priya Kansara) takes wild steps to torpedo the upcoming nuptials of her idolised elder sister (Ritu Arya) who has fallen suspiciously rapidly for a rich doctor (Akshay Khanna). Mashing up Jackie Chan-style combat and teen comedy with Bollywood spectacle, this is an inventive charm-bomb of a movie. 2023, 12, 100MIN

■ Full listings start on **p95**

Sport week

Your ult ate guide to the best of the week's live action

THE MAIN EVENT

Commonwealth Games

Swimming medallist and TNT pundit **Michael Jamieson** previews the action

LIVE SPORT

From Thu, TNT Sports, HBO Max, 5, BBC Alba & BBC iPlayer

The future of the Commonwealth Games looked in jeopardy when the Australian state of Victoria pulled out of staging the 2026 edition three years ago, withdrawing from hosting duties because of escalating costs.

Thankfully, Glasgow stepped into the breach to save the day. Having successfully hosted the Games in 2014, the Scottish city will welcome around 3,000 athletes from 74 nations and territories in a scaled-back event (see panel, right), with over 200 gold medals up for grabs across 10 days of sporting competition.

Several Olympic champions will be in Glasgow including 100m sprinter Julien Alfred of Saint Lucia, pole-vaulter Nina Kennedy of Australia, javelin star Arshad Nadeem of Pakistan, New Zealand high jumper Hamish Kerr and England's four-time Para-cycling gold medallist Kadeena Cox.

The Games kick off on Thursday with the Opening Ceremony (live on 5, TNT Sports 2, BBC Alba & HBO Max) followed by the first events on Friday. TNT Sports will screen every medal event live on its linear channels and streaming platform HBO Max, while 5 will show extensive free-to-air daily highlights.

We asked former Commonwealth and Olympic medallist Michael Jamieson, who is part of the TNT Sports team, to set the scene…

As a Glaswegian, are you proud that your city has stepped up to host the Commonwealth Games? When Glasgow hosted in 2014, it was a real festival and the city was buzzing. This time is a bit of a reduced programme, but although it is a smaller-scale event, it will be a great few weeks with a world-class standard across the events.

Sir Chris Hoy with King Charles III

Who are looking forward to seeing in the pool? Duncan Scott is the most decorated Scottish swimmer of all time and he will be carrying the flag. We also have Evi Mackie, who has just turned 17 and will be in her first Games in the relay. And it will be great to see Adam Ramsay-Peaty, who is getting back to top form. He's the fastest breaststroke swimmer in history, and has won everything.

What are your memories of Glasgow 2014? It was a privilege to be an ambassador for the Games and swim in my home pool at Tollcross – even though I didn't quite get the result I was hoping for [finishing second to Ross Murdoch in the 200m breaststroke]. But it was great to get Scottish gold and silver in the event.

What makes the Commonwealth Games so special? It is massive to represent your home country rather than Team GB. For Scots, it is the only opportunity to wear the saltire. And for young athletes, the Games gives them exposure at the top level – that's invaluable for their careers going forward.

WORDS: SEAN MARLAND, RICHARD MCCLURE. PHOTOS: ADOBE STOCK, GETTY, SHUTTERSTOCK

Nina Kennedy (Australia), Duncan Scott (Scotland), Arshad Nadeem (Pakistan), Julien Alfred (Saint Lucia), Kadeena Cox (England) and Hamish Kerr (New Zealand)

FACT BOX

Glasgow's scaled-back Games will feature 10 sports taking place over seven venues, including 12,000-seater indoor arena The Hydro, which will stage the Opening Ceremony and netball.

The other events are athletics, swimming, bowls, boxing, judo, 3x3 basketball, weightlifting, artistic gymnastics and track cycling. There are a record 47 medal events in six Para disciplines.

This is the first Games in the reign of King Charles III. The King's baton relay began its journey around the world in March 2025 with ex-cyclist Sir Chris Hoy as the first bearer.

The Games mascot is Finnie, a unicorn, named after the Finnieston Crane, a disused crane in Glasgow city centre.

World Cup FINAL

LIVE FOOTBALL

Saturday & Sunday, BBC1 & ITV1

Two teams will take to the pitch at the New York New Jersey Stadium on Sunday at 8pm for the biggest match in football – the 2026 World Cup final – after the losing semi-finalists meet to decide third place at 10pm on Saturday at Florida's Miami Stadium.

Here, we look at a trio of iconic World Cup winners through the decades...

England heroes Nobby Stiles, Bobby Moore, Sir Geoff Hurst and Martin Peters

SIR GEOFF HURST
England, 1966

The West Ham striker became the first player to score a hat-trick in a World Cup final when England beat West Germany 4-2 at Wembley.

'People always ask me if my second goal went over the line,' he says. 'I fell over as I hit the ball and probably had the worst view in the stadium, but I tell them it was miles over!'

Pelé lit up the 1970 final

PELÉ
Brazil, 1970

The footballing legend opened the scoring when Brazil defeated Italy 4-1 in Mexico's Azteca Stadium, earning him his third World Cup winner's medal.

'We had a fantastic side and everyone expected us to win, which gave me the shakes,' he recalled. 'The political situation in Brazil was not good and we felt that we simply had to win the title.'

Lionel Messi in 2022

LIONEL MESSI
Argentina, 2022

Messi scored twice as the final with France ended in a 3-3 draw, before Argentina won a dramatic penalty shoot-out in Qatar to claim their third world title.

'I had already been lucky enough to achieve everything else before at club level,' he says. 'That trophy was the one thing missing, the one that completed my entire career.'

LIVE CRICKET

The Hundred

From Tue, BBC2, Sky One & Sky Sports

Northern Superchargers' Kate Cross in 2025

A combined trophy has been added to the 100-ball event, which begins at the Oval on Tuesday with a double-header as MI London (formerly Oval Invincibles) take on Sunrisers Leeds (formerly Northern Superchargers) – with the women's match at 2.45pm and the men's at 6.30pm. This week also sees the men's T20 Blast finals day at Edgbaston (Sat) and the final ODI between England and India at Lord's (Sun, 11am).

LIVE ATHLETICS

Diamond League: London

Saturday, BBC1

Keely Hodgkinson

There's an unmissable day of track and field at the London Stadium on Saturday. Highlights include Britain's Josh Kerr targeting a new world record in the mile. Meanwhile, fellow Brit Keely Hodgkinson has her eyes on Jarmila Kratochvílová's 43-year-old 800m world record of 1:53.28.

LIVE RUGBY UNION

Nations Championship

Sat, ITV1 & ITV4

Ardie Savea of New Zealand

The third round of fixtures begins with All Blacks captain Ardie Savea aiming to lead New Zealand to a fourth consecutive win over Ireland in Auckland (8.10am). Also today: Japan v France (9.40am), Australia v Italy (11.10am), Fiji v Scotland (2.10pm), South Africa v Wales (4.40pm) and Argentina v England (8.10pm).

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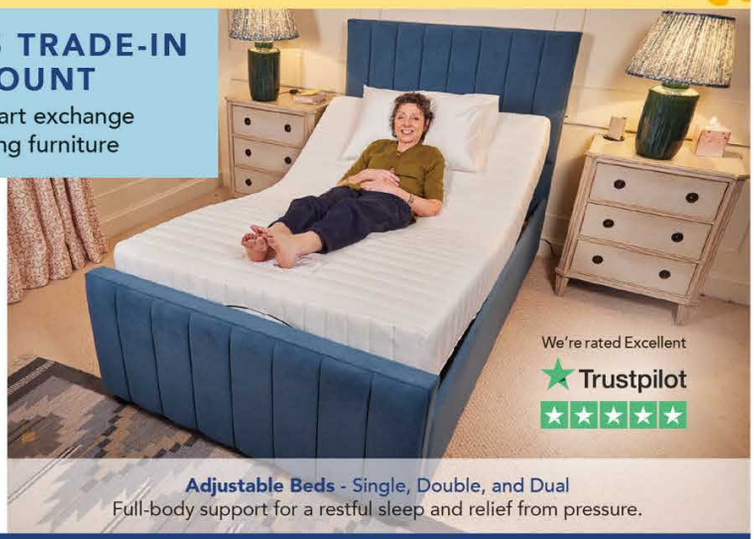

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Anton Du Beke
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Sport week A-Z GUIDE

Hurling
Aidan O'Connor of Limerick will be in action against Galway in the All-Ireland final on Sunday

AMERICAN FOOTBALL

LIVE NFL Flag Championships
Fri 8pm Sky Sports Mix & 11pm Sky Sports Action
The youth flag football tournament at Droplight Grand Park Sports Campus in Westfield, Indiana.

ATHLETICS

LIVE Diamond League London
Sat 1pm BBC1
The London Athletics Meet, the 11 th edition of the campaign staged at London Stadium. See page 29.

LIVE Commonwealth Games
Thu 6.30pm TNT Sports 2, 8pm BBC Alba & 5
The opening ceremony. See p28.

LIVE Commonwealth Games
Fri 8.30am TNT Sports 2
The day session on day one of the Games in Glasgow. See p28.

LIVE Commonwealth Games
Fri 5.30pm BBC Alba & 6pm TNT Sports 2
The night session on day one of the Games in Glasgow. See p28.

AUSTRALIAN RULES

LIVE North Melbourne Kangaroos v Melbourne Demons
Sat 7am TNT Sports 1
The AFL match at Marvel Stadium.

LIVE Collingwood Magpies v Carlton Blues
Sat 10.30am TNT Sports 3
The AFL fixture from Melbourne.

LIVE West Coast Eagles v Brisbane Lions
Sat 1.30pm TNT Sports 3
The AFL game from Optus Stadium.

LIVE Richmond Tigers v Hawthorn Hawks
Sat 4am TNT Sports 2
The AFL match from Melbourne.

LIVE Gold Coast Suns v Western Bulldogs
Sun 6am TNT Sports 1
The AFL game on the Gold Coast.

LIVE Essendon Bombers v GWS Giants
Sun 7.30am TNT Sports 3 & 9am TNT Sports 1
The AFL match at Marvel Stadium.

LIVE Adelaide Crows v Collingwood Magpies
Thu 10.15am TNT Sports 3
The AFL fixture from Adelaide Oval.

LIVE Melbourne Demons v Geelong Cats
Fri 10.30am TNT Sports 3
The AFL match from Melbourne.

LIVE Carlton Blues v Gold Coast Suns
Fri 4am TNT Sports 3
The AFL match at Marvel Stadium.

BASEBALL

LIVE Chicago Cubs v Minnesota Twins
Sat 7pm TNT Sports 1
The MLB inter-league match.

LIVE Philadelphia Phillies v New York Mets
Sat 9pm TNT Sports 2
MLB National League East fixture.

LIVE Philadelphia Phillies v New York Mets
Sun 6.30pm TNT Sports 2
The MLB National League match.

LIVE New York Yankees v Los Angeles Dodgers
Sun 12m't TNT Sports 2
The MLB inter-league game.

LIVE Philadelphia Phillies v Los Angeles Dodgers
Mon 12m't TNT Sports 1
The MLB National League fixture.

LIVE Seattle Mariners v Cincinnati Reds
Mon 2.30am TNT Sports 2 & 3am TNT Sports 1
The MLB inter-league match.

LIVE Philadelphia Phillies v Los Angeles Dodgers
Tue 11.30pm TNT Sports 2
The MLB National League match.

LIVE Seattle Mariners v Cincinnati Reds
Tue 2.30am TNT Sports 3 & 3am TNT Sports 2
The MLB inter-league game at T-Mobile Park.

LIVE New York Yankees v Pittsburgh Pirates
Wed 6.30pm TNT Sports 1
The MLB inter-league match from Yankee Stadium.

LIVE Seattle Mariners v Cincinnati Reds
Wed 8.30pm TNT Sports 2 & 9.30pm TNT Sports 1
The MLB inter-league match.

LIVE Chicago Cubs v Detroit Tigers
Wed 1am TNT Sports 1
The MLB inter-league fixture.

LIVE Atlanta Braves v San Diego Padres
Thu 5pm TNT Sports 1 & TNT Sports 3
The MLB National League match.

LIVE Toronto Blue Jays v Tampa Bay Rays
Thu 8pm TNT Sports 1
The MLB American League game.

LIVE Philadelphia Phillies v New York Yankees
Fri 11.30pm TNT Sports 1
The MLB inter-league match.

BASKETBALL

LIVE NBA Summer League
Sat 10pm Sky Sports Mix; Sun 9.30pm Sky Sports+

LIVE NBA Summer League
Sun 2am Sky Sports Action & Sky Sports+
The final at Thomas & Mack Center.

LIVE Toronto Tempo v Las Vegas Aces
Mon 1am Sky Sports Main Event & Sky Sports Action
The WNBA inter-conference match.

LIVE Seattle Storm v Minnesota Lynx
Mon 3am Sky Sports+, 3.30am Sky Sports Main Event & Sky Sports Action
WNBA Western Conference game.

LIVE Indiana Fever v Connecticut Sun
Wed 1am Sky Sports Main Event & Sky Sports Action
WNBA Eastern Conference fixture.

LIVE Portland Fire v Dallas Wings
Wed 3am Sky Sports Main Event & Sky Sports Action
The WNBA Western Conference match staged at Moda Center.

COMBAT SPORTS

LIVE Fight Night Prelims
Sat 11pm TNT Sports 1
At Paycom Center in Oklahoma City.

LIVE Dricus Du Plessis v Kamaru Usman
Sat 1am TNT Sports 1
The middleweight bout from Paycom Center in Oklahoma City.

CRICKET

LIVE T20 Blast
Sat 10.30am Sky Sports Cricket & 11am Sky Sports Main Event
The first semi-final on Finals Day held at Edgbaston, Birmingham.

LIVE T20 Blast
Sat 2.25pm Sky Sports Cricket
The second semi-final on Finals Day held at Edgbaston, Birmingham.

LIVE T20 Blast
Sat 6.25pm Sky Sports Cricket & 8.30pm Sky Sports Main Event
The final of the competition staged at Edgbaston in Birmingham.

LIVE Major League Cricket
Sat 2.15am Sky Sports Cricket & 2.30am Sky Sports Main Event
The final at Oakland Coliseum.

LIVE England v India
Sun 10.30am Sky Sports Cricket
The third and final ODI of the series staged at Lord's Cricket Ground in London. The hosts are looking for their first series victory in this format since a 2-1 win at home in 2018.

LIVE West Indies v New Zealand
Sun 7pm TNT Sports 1
The fourth ODI in the five-match series from Kensington Oval.

LIVE MI London Women v Sunrisers Leeds Women
Tue 2.15pm Sky Sports Cricket, Sky Sports Mix & Sky One, 2.30pm Sky Sports Main Event & BBC2 (play starts 2.45pm) The Hundred match staged at The Kia Oval in London, as the two teams get the season underway. The Sunrisers won last year's competition thanks to a seven-wicket victory against Southern Brave at Lord's. See p29.

LIVE MI London Men v Sunrisers Leeds Men
Tue 6pm BBC2, Sky One, Sky Sports Cricket, Sky Sports Main Event & Sky Sports Mix (play starts 6.30pm) The Hundred match from The Kia Oval. See p29.

LIVE West Indies v New Zealand
Tue 7pm TNT Sports 1
The fifth and final ODI of the series from Kensington Oval in Barbados.

LIVE Southern Brave Women v Welsh Fire Women
Wed 2.45pm BBC2, Sky Sports Cricket & Sky Sports Mix, 3pm Sky Sports Main Event (play starts 3pm) The Hundred match at Utilita Bowl, Southampton.

LIVE Southern Brave Men v Welsh Fire Men
Wed 6pm BBC2, Sky Sports Main Event, Sky Sports Cricket & Sky Sports Mix (play starts 6.30pm) The Hundred fixture at Utilita Bowl.

LIVE London Spirit Women v Manchester Super Giants Women
Thu 2.45pm Sky Sports Cricket & 3pm Sky Sports Main Event (play starts 3pm) The Hundred match from Lord's in London.

LIVE London Spirit Men v Manchester Super Giants Men
Thu 6pm Sky Sports Main Event & Sky Sports Cricket (play starts 6.30pm) The Hundred game held at Lord's in London.

LIVE Birmingham Phoenix Women v Trent Rockets Women
Fri 2.45pm Sky Sports Cricket & 3pm Sky Sports Main Event (play starts 3pm) The Hundred match at Edgbaston, Birmingham.

LIVE Birmingham Phoenix Men v Trent Rockets Men
Fri 6pm Sky Sports Main Event & Sky Sports Cricket (play starts 6.30pm) The Hundred game at Edgbaston, Birmingham.

CYCLING

LIVE Tour de France
Sat & Sun 11.45am, Tue 11.30am, Wed 12noon, Thu 11.15am & Fri 12.30pm TNT Sports 1
Stages 14 to 19 of the men's race.

LIVE Tour of Poland
Fri 1.30pm TNT Sports 3
The first stage of the women's race.

DARTS

LIVE World Matchplay
Sat 7pm, Sun 1pm & 7pm, Mon 7pm Sky Sports Action; Sat 7pm Sky Sports+; Sun 7.30pm & Mon 7pm Sky Sports Main Event
Days one to three at Winter Gardens.

LIVE World Matchplay
Tue & Wed 7pm, Thu & Fri 8pm Sky Sports Action; Tue & Wed 7pm Sky Sports+; Tue-Fri 9.30pm Sky Sports Main Event
Days four to seven at Winter Gardens, featuring quarter-finals.

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Sport week A-Z GUIDE

GOLF

LIVE The Open
Sat 9.30am Sky Sports+, 11am Sky Sports Golf & 4pm Sky Sports Main Event
Day three of the fourth Major of the year from Royal Birkdale Golf Club.

LIVE The Open
Sun 9.30am Sky Sports+, 10am Sky Sports Main Event & Sky Sports Golf
Day four of the fourth Major of the year at Royal Birkdale Golf Club in Southport, Merseyside. Scottie Scheffler secured the Claret Jug with a 68 in the final round at Royal Portrush Golf Club last year.

LIVE Corales Puntacana Championship
Sun 9pm Sky Sports Golf
The fourth and final round staged at Puntacana Resort and Club in the Dominican Republic.

LIVE Women's Scottish Open
Thu & Fri 9.30am Sky Sports Main Event & Sky Sports Golf, 5pm Sky Sports Mix
Days one and two staged at Dundonald Links in Irvine, Ayrshire.

LIVE LIV Golf
Thu 12noon TNT Sports 2
The first day of the 10th round at JCB Golf and Country Club, Uttoxeter.

LIVE Senior Open Championship
Thu & Fri 1.30pm Sky Sports Golf
Days one and two of the fifth Major of the year staged at Gleneagles in Auchterarder, Perthshire.

LIVE 3M Open
Thu & Fri 7pm Sky Sports Golf
Days one and two staged at TPC Twin Cities in Blaine, Minnesota.

LIVE LIV Golf
Fri 12.30pm TNT Sports 4 & 5.15pm TNT Sports 1
The second day of the 10th round of the season staged at JCB Golf and Country Club in Rocester, Uttoxeter.

GYMNASTICS

LIVE Commonwealth Games – Artistic Gymnastics
Fri 5.15pm TNT Sports 3
The second session on the first day of the event at The Arena. See p28.

HORSE RACING

LIVE Newbury
Sat 1.30pm ITV4
Headlined by the Super Sprint.

HURLING

LIVE Galway v Limerick
Sun 3pm BBC2 (kick-off 3.30pm)
The All-Ireland Senior Hurling Championship final at Croke Park.

MINORITY SPORTS

LIVE BMX Racing
Sat 6am & 3am TNT Sports 3
Days one and two from Brisbane.

LIVE Commonwealth Games – Para Powerlifting
Fri 6.30pm TNT Sports 4
The second session on the first day held at SEC Armadillo. See p28.

MOTORCYCLING

LIVE British Superbikes
Sat & Sun 1pm TNT Sports 4
Days one and two of the fifth round of the season from Brands Hatch.

LIVE Swedish Speedway
Tue & Wed 5.55pm Premier Sports 1

MOTORSPORT

LIVE World Rally Championship
Sat 7.45am, 10am, 1.15pm, 3pm & 5pm, Sun 9am & 11am TNT Sports 2
Rally Estonia special stages eight to 18.

LIVE Formula 3
Sat 8.55am Sky Sports F1
The Belgian Grand Prix sprint race.

LIVE Formula 1
Sat 11.15am Sky Sports F1
Belgian Grand Prix third practice at Circuit de Spa-Francorchamps.

LIVE Formula 2
Sat 1.10pm Sky Sports F1
The Belgian Grand Prix sprint race at Circuit de Spa-Francorchamps.

LIVE Formula 1
Sat 2.15pm Sky Sports Main Event & Sky Sports F1
Belgian Grand Prix qualifying session at Circuit de Spa-Francorchamps.

LIVE Indycar
Sat 8pm & 11pm Sky Sports F1, 8pm Sky Sports Mix
The Music City Grand Prix qualifying and practice sessions in Tennessee.

LIVE Formula 3
Sun 7.25am Sky Sports F1
The Belgian Grand Prix feature race at Circuit de Spa-Francorchamps.

LIVE Formula 2
Sun 8.55am Sky Sports F1
The Belgian Grand Prix feature race at Circuit de Spa-Francorchamps.

LIVE Porsche Supercup
Sun 10.40am Sky Sports F1
The fourth round of the season held at Circuit de Spa-Francorchamps.

LIVE Formula 1
Sun 12.30pm Sky Sports F1
The Belgian Grand Prix, the 10th round of the season staged at Circuit de Spa-Francorchamps.

LIVE Motocross World Championship
Sun 1pm & 4pm TNT Sports 3
Races from Foxhills in Swindon.

LIVE Ferrari Challenge
Sun 1.30pm & 2.40pm Sky Sports Mix
Races from Portimao, Portugal.

LIVE Indy NXT
Sun 6pm & 8.30pm Sky Sports Mix

LIVE Indycar
Sun 10.35pm Sky Sports F1 & Sky Sports Mix
The Music City Grand Prix at Nashville Superspeedway.

LIVE NASCAR
Sun 11pm Premier Sports 2
The Window World 450.

LIVE Formula 3
Fri 8.50am Sky Sports F1
The Hungarian Grand Prix practice session at Hungaroring in Mogyoród.

LIVE Formula 2
Fri 10am Sky Sports F1
The Hungarian Grand Prix practice session at Hungaroring in Mogyoród.

LIVE Formula E
Fri 11am TNT Sports 1
The Tokyo ePrix first free practice session at the Tokyo Street Circuit.

LIVE Formula 1
Fri 12noon Sky Sports Main Event & Sky Sports F1
The Hungarian Grand Prix first practice at Hungaroring, Mogyoród.

LIVE Formula 3
Fri 1.55pm Sky Sports F1
The Hungarian Grand Prix qualifying session at Hungaroring in Mogyoród.

LIVE Formula 2
Fri 3pm Sky Sports F1
The Hungarian Grand Prix qualifying session at Hungaroring in Mogyoród.

LIVE Formula 1
Fri 3.45pm Sky Sports F1
The Hungarian Grand Prix second practice session at Hungaroring.

LIVE Formula E
Fri 5.30am TNT Sports 1
Tokyo ePrix second free practice.

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 1
Champions League Group Six.

RUGBY LEAGUE

LIVE New Zealand Warriors v North Queensland Cowboys
Sat 6.15am Sky Sports Mix (kick-off 6.15am) The NRLW match from Go Media Stadium, Auckland.

LIVE Canterbury-Bankstown Bulldogs v Cronulla-Sutherland Sharks
Sat 8.15am Sky Sports Mix (kick-off 8.15am) The NRLW match held at Accor Stadium, Sydney.

LIVE New Zealand Warriors v St George Illwarra Dragons
Sat 8.35am Sky Sports Action (kick-off 8.35am) The NRL game from Go Media Stadium, Auckland.

LIVE Canterbury-Bankstown Bulldogs v Wests Tigers
Sat 10.35am Sky Sports Action (kick-off 10.35am) The NRL fixture from Accor Stadium in Sydney.

LIVE Warrington Wolves v Hull Kingston Rovers
Sat 2.30pm Sky Sports+ (kick-off 3pm) The Super League match at Halliwell Jones Stadium.

LIVE Gold Coast Titans v Parramatta Eels
Sat 2.50am Sky Sports Mix (kick-off 2.50am) The NRLW game staged at Cbus Super Stadium.

LIVE Brisbane Broncos v Wests Tigers
Sat 4.45am Sky Sports Mix (kick-off 4.45am) The NRLW match from Totally Workwear Stadium.

LIVE Dolphins v North Queensland Cowboys
Sun 7.05am Sky Sports Action & Sky Sports+ (kick-off 7.05am) The NRL game at Suncorp Stadium.

LIVE Newcastle Knights v St George Illawarra Dragons
Sun 9.15am Sky Sports Mix (kick-off 9.15am) The NRLW match from McDonald Jones Stadium.

LIVE Hull FC v Hull Kingston Rovers
Thu 7.30pm Sky Sports+ (kick-off 8pm) The Super League game staged at MKM Stadium.

LIVE Newcastle Knights v Sydney Roosters
Fri 9am Sky Sports Action (kick-off 9am) The NRL match staged at McDonald Jones Stadium.

LIVE South Sydney Rabbitohs v Melbourne Storm
Fri 11am Sky Sports Action (kick-off 11am) The NRL match staged at Accor Stadium, Sydney.

LIVE Wigan Warriors v St Helens
Fri 7.30pm Sky Sports+ (kick-off 8pm) Super League match at The Brick Community Stadium.

LIVE Canberra Raiders v Cronulla-Sutherland Sharks
Fri 3.45am Sky Sports Mix (kick-off 3.40am) The NRLW match staged at GIO Stadium.

RUGBY UNION

LIVE New Zealand v Ireland
Sat 7.30am ITV1 (kick-off 8.10am) Both teams' third round-robin match in the Nations Championship staged at Eden Park in Auckland. See p29.

LIVE Japan v France
Sat 9.30am ITV4 (kick-off 9.40am) Both teams' third round-robin match in the Nations Championship held at MUFG Stadium in Tokyo. See p29.

LIVE Australia v Italy
Sat 10.50am ITV1 (kick-off 11.10am) The Nations Championship round-robin match held at HBF Park in Perth. See p29.

LIVE Fiji v Scotland
Sat 1.10pm ITV1 (kick-off 2.10pm) The Nations Championship round-robin game at Scottish Gas Murrayfield. See p29.

LIVE Rugby Junior World Championship
Sat 2.50pm Premier Sports 1 (kick-off 3pm) The third/fourth place play-off staged at Mikheil Meskhi Stadium in Tbilisi, Georgia.

LIVE South Africa v Wales
Sat 4.15pm ITV1 (kick-off 4.40pm) The Nations Championship round-robin game at Hollywoodbets Kings Park. See p29.

LIVE Rugby Junior World Championship
Sat 5.20pm Premier Sports 1 (kick-off 5.30pm) The final at Mikheil Meskhi Stadium in Georgia.

LIVE Argentina v England
Sat 7.30pm ITV1 (kick-off 8.10pm) The Nations Championship round-robin game at Estadio Único Madre de Ciudades in Santiago del Estero. England will be looking for a repeat of their last trip to Argentina in 2025 when they won both their Test matches. See p29.

TENNIS

LIVE ATP Swiss Open
Sat 10am & Sun 10.30am Sky Sports Tennis
The final of the clay-court tournament at Roy Emerson Arena.

LIVE WTA and ATP Tours
Sat 12noon, Mon, Thu & Fri 10am, Tue & Wed 9am Sky Sports Tennis; Mon, Thu & Fri 10am, Tue & Wed 9am Sky Sports+

LIVE ATP Croatia Open
Sat 6pm Sky Sports Tennis
The final of the ATP 250 series clay-court tournament held at Stadium Goran Ivanisevic in Umag.

LIVE WTA Athens Open
Sat 8pm & Sun 6pm Sky Sports Tennis
The final of the WTA 250 event, a hard-court tournament staged at Stadion Sports Center in Greece.

LIVE ATP Swedish Open
Sun 1pm Sky Sports Tennis
The final of the ATP 250 event staged at Båstad Tennis Stadium.

LIVE WTA Iasi Open
Sun 3.30pm Sky Sports Tennis
The final of the WTA 250 event held at Baza Sportiva Ciric in Romania.

Football planner

Saturday 18

LIVE Real Betis v Preussen Münster
2.25pm Premier Sports 2 (kick-off 2.30pm) The pre-season friendly from Estadio La Cartuja.

LIVE Aberdeen v Queen's Park
4.45pm Premier Sports 2 (kick-off 5pm) The Premier Sports Cup Group A match at Pittodrie.

LIVE Gotham FC v Seattle Reign
5pm TNT Sports 1 & TNT Sports 3 (kick-off 5pm) The NWSL match from Sports Illustrated Stadium.

LIVE Dundee United v Arbroath
6.55pm Premier Sports 2 (kick-off 7pm) The Premier Sports Cup Group B match from The CalForth Construction Arena.

LIVE Denver Summit v Portland Thorns
7pm TNT Sports 3 (kick-off 7pm) The NWSL match staged at Centennial Stadium in Denver.

LIVE World Cup
9.30pm BBC1 (kick-off 10pm)
The third-place play-off staged at Miami Stadium. While few teams will want to play in this contest after such a long competition and having fallen one step short of the final, it does offer both sides an opportunity to sign off on a positive note, and perhaps offer some players who had little game time a chance to shine on the world stage. Despite losing 2-1 to Croatia in Qatar four years ago, a fourth-placed finish for Morocco was still the best performance at a World Cup by any African or Arab nation.

Sunday 19

LIVE World Cup
7pm ITV1 & BBC1 (kick-off 8pm)
The final at New York New Jersey Stadium in the USA. This is the 104th match of the largest World Cup ever, with the tournament concluding a month and six days after it got under way in Mexico. Neutrals will be hoping this contest is as thrilling as it was four years ago in Qatar, when France's Kylian Mbappé became the second player after Sir Geoff Hurst to score a World Cup final hat-trick. However, it was to no avail as France were denied a second successive victory when Argentina prevailed 4-2 on penalties after a 3-3 draw to lift the trophy for the first time since 1986. Lionel Messi followed in the footsteps of another of the game's great players in the star of their last triumph, Diego Maradona, by lifting the trophy. See p29.

Wednesday 22

LIVE Internacional v Cruzeiro
1.25am Premier Sports 2 (kick-off 1.30am) The Brasileiro Serie A match at Estadio Beira-Rio.

Friday 24

LIVE Portland Thorns v Gotham FC
3am TNT Sports 1 (kick-off 3am)
NWSL match at Providence Park.

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Saturday

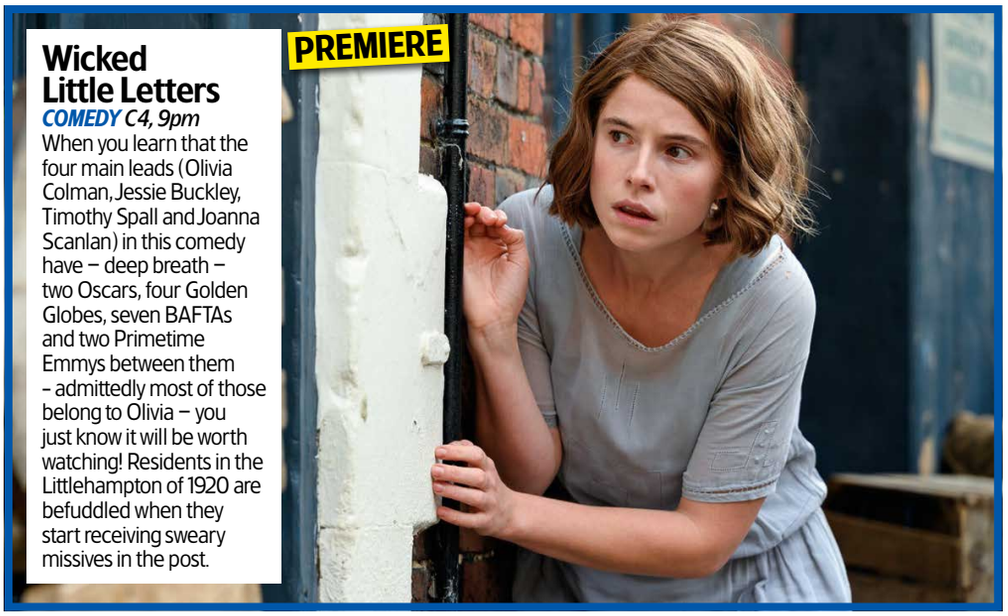
18 July

Planner

World Cup: Third Place Play-Off

FOOTBALL *BBC 1, kick-off 10pm*

The two losing semi-finalists play each other tonight for a podium finish. At the time of writing, France's super striker Kylian Mbappé is second in the running for the Golden Boot (seven goals to Lionel Messi's eight) – but there's still a (very) slim chance that he may have failed to shoot Les Bleus to the final.



Wicked Little Letters

COMEDY *C4, 9pm*

When you learn that the four main leads (Olivia Colman, Jessie Buckley, Timothy Spall and Joanna Scanlan) in this comedy have – deep breath – two Oscars, four Golden Globes, seven BAFTAs and two Primetime Emmys between them – admittedly most of those belong to Olivia – you just know it will be worth watching! Residents in the Littlehampton of 1920 are befuddled when they start receiving sweary missives in the post.

Alan Carr's Picture Slam

GAME SHOW

BBC1, 6.05pm

Fill up your lungs and get ready – the classic shouting-at-the-telly game show for the family returns, with contestants having to identify pictures to be in with a chance of taking home £10,000.

Nations Championship

RUGBY UNION

ITV1 & ITV4

The closing round of matches in the Southern Hemisphere series includes New Zealand v Ireland (kick-off 8.10am), Fiji v Scotland (kick-off 2.10pm) and Argentina v England (kick-off 8.10pm).

Saturday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.50 Pointless...	7.35 The Weakest Link	8.20 Casualty		9.10 News	9.30 Football: World Cup – Live: The third-place play-off		
	102 BBC2	7.00 Dad's Army	7.30 Evolution		8.30 Golf: The Open Highlights			10.00 TOTP: Big Hits 2001	
	103 ITV1	7.00 News	7.30 Rugby Union: Nations Championship – Live: Argentina v England (Kick-off 8.10)						10.30 News
	104 CHANNEL 4	7.00 News	7.30 F1: Belgian Grand Prix Qualifying Highlights			9.00 Film: Wicked Little Letters			
	105 5	7.00 Tour de France		8.00 Alexander Armstrong Across America		9.00 Kate & the King: A Special Relationship		10.00 The TV Rich List 2026	
	106 SKY ONE	7.00 Film: Eddie the Eagle				9.00 Film: Skyscraper			
ENTERTAINMENT	115 BBC3	7.00 Doctor Who			8.30 Not Going Out		9.30 Mrs Brown's Boys		10.30 Only Child
	116 BBC4		7.05 Life on Earth	8.00 Voyages of Discovery		9.00 The Sentinels			10.25 The Black Forest...
	118 ITV2	‹ 6.35 Film: Godzilla				9.00 The 1% Club		10.00 Love Island: Unseen Bits	
	136 MORE4	‹ 6.55 Four in a Bed				9.00 24 Hours in A&E			
	135 E4	‹ 5.30 Film: A Knight's Tale		8.00 Supercruising: Life at Sea		9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Blue Bloods		10.00 The Equalizer	
	108 SKY ATLANTIC	7.00 The Gilded Age				9.00 The Five-Star Weekend			
	110 U&GOLD	‹ 6.40 Red Dwarf		8.00 Only Fools and Horses					10.40 Red...
	111 U&DAVE	7.00 Would I Lie to You?			8.20 Would I Lie to You?	9.00 QI			
	119 ITV3	‹ 6.00 Midsomer Murders						10.00 Vera	
	120 ITV4	‹ 6.45 Sharpe				9.00 Film: Terminator 2: Judgment Day			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Lee Evans Live at Wembley			
	145 SKY SCI-FI	7.00 Star Trek: Voyager				9.00 From			
	143 U&DRAMA	7.00 The Brokenwood Mysteries				9.00 The Count of Monte Cristo			10.15 Outrageous
	109 U&ALIBI	7.00 Death in Paradise		8.00 Father Brown		9.00 Death in Paradise		10.00 Father Brown	
	122 SKY ARTS	7.00 Classic Albums				9.00 Greatest Guitar Riffs			
	132 U&W	7.00 Ambulance Australia				9.00 Gavin & Stacey			
DOCUMENTARY	125 DISCOVERY	7.00 The Woodland Workshop		8.00 Maine Cabin Masters		9.00 Naked and Afraid: Global Showdown			
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 Alaskan Bush People: Book of Bird		10.00 Tanked	
	129 NAT GEO	7.00 Seconds from Disaster		8.00 Car S.O.S.				10.00 Mega Marine Machines	
	123 SKY HISTORY	7.00 Britain's Most Historic Towns				9.00 Clash of the Gods			
	155 U&YESTERDAY	7.00 Bangers & Cash							
	114 SKY DOCS	‹ 6.00 I Am Burt Reynolds		7.50 Katie Price: Nothing to Hide		9.00 Film: Going Clear: Scientology and the Prison of Belief			

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition Matt Tebbutt is joined by Jordan North and William Hanson. (S)
11.30 **Anna Haugh's Big Irish Food Tour** Angela Scanlon invites Anna to explore Co Mayo. (S)(R)
12.00 NOON **Bargain Hunt** From Huntingdon. (S)(R)(AD)
12.45 PM **BBC News** (S)
1.00 LIVE **Athletics: Diamond League London** The London Athletics Meet, the 11th meeting of the season, held at London Stadium. (S)
4.30 **Escape to the Country** A couple search for a new home by the sea in Hampshire or Dorset. (S)(R)
5.15 **Garden Rescue** Creating a rose garden in Billericay. (S)(R)
5.45 **BBC News** (S)
5.55 **Local News** (S)

8.20 Casualty

6 PM
6.05 NEW SERIES **Alan Carr's Picture Slam** 1/9. Return of the game show, with teams from London, south Wales and Motherwell. (S)
6.50 **Pointless Celebrities** Gavin Ramjaun, Sally Magnusson, Pete Wicks, Vicky Pattison, Jay Rayner, Thomasina Miers, London Hughes and Remel London take part. (S)(R)

7 PM
7.35 **The Weakest Link** Joe Pasquale, Krishnan Guru-Murthy, Charlotte Crosby, Tracy-Ann Oberman, Sandro Farmhouse, Helen McGinn, Russell Watson and Beth Tweddle compete. (S)(R)

8 PM
8.20 **Casualty** *Lethal Legacy – Part 11:* Dylan pays a visit to his estranged father in a care home, and holds him responsible for all his failures – only to realise he may not be doomed to repeat the mistakes of the past. (S)(AD)

9 PM
9.10 **BBC News** (S)
9.30 LIVE **Football: World Cup** Coverage of the third-place play-off, which takes place at Miami Stadium in the USA. While few teams will want to play in this contest after such a long competition and having fallen one step short of the final, it does offer both sides an opportunity to sign off on a positive note, and perhaps offer some players who had little game time a chance to shine on the world stage. Kick-off is at 10.00. (S)

10 PM
12.15 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.20 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.35 AM **Children's Programmes**
9.15 **Gardeners' World** (S)(R)
10.15 **This Wild Life** (S)(R)
10.45 FILM **The Importance of Being Earnest** Oscar Wilde's comedy with Rupert Everett and Colin Firth. (S)(AD) (2002, U, 85min) ★★
12.10 PM **The Great British Sewing Bee** 1/10. With Sophie Willan. (S)(R)(AD)
1.10 **Mary Berry: Cook & Share** Mary heads to Edinburgh. (S)(R)(AD)
1.40 **Homes Under the Hammer** The progress of properties in Norfolk and the Rhondda Valley. (S)(R)(AD)
2.40 FILM **Jesus Christ Superstar** Musical starring Ted Neeley. (S) (1973, PG, 100min) ★★★
4.20 FILM **Calamity Jane** Vintage musical western starring Doris Day, Howard Keel and Allyn McLerie. (S)(AD) (1953, U, 100min) ★★★★

8.30 Golf: The Open Highlights

6 PM
6.00 **Flog It!** Paul Martin presents from Capesthorne Hall in Cheshire, where experts are on the hunt for items of interest that will do well at auction. (S)(R)

7 PM
7.00 **Dad's Army** *Something Nasty in the Vault:* Mainwaring and Wilson are trapped in the bank vault with an unexploded bomb. (S)(R)
7.30 **Evolution** 1/5. A look at how life on Earth has developed over more than four billion years, charting the changes giving rise to five modern animals, starting with the African elephant. (S)(R)(AD)

8 PM
8.30 **Golf: The Open Highlights** Action from the third day's play of the fourth Major of the year, which takes place at Royal Birkdale Golf Club in Southport, Merseyside. (S)

9 PM

10 PM
10.00 NEW **TOTP: Big Hits 2001** A look back at some of the biggest hits of the year, with Kylie Minogue, Destiny's Child, U2, Atomic Kitten, Gabrielle, Westlife, Wheatus, S Club, Nelly Furtado and Stereophonics. (S)
11.00 NEW **TOTP: The Story of 2001** Mel Giedroyc narrates a musical review of the year, with contributions by Feeder, Shaggy, RikRok, Lisa Maffia and Blue. (S)
12.00 M'T **Kylie at the BBC** A selection of archive performances on the BBC by Kylie Minogue. (S)(R)
1.00 AM **Madonna at the BBC** (S)(R)
2.00 **Sign Zone: Who Do You Think You Are?** Ruth Madeley. (S)(R)(AD)
3.00 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's French Adventure** Camargue. (S)(R)(AD)
6.30 **James Martin's American Adventure** Napa Valley. (S)(R)(AD)
7.30 LIVE **Rugby Union: Nations Championship** New Zealand v Ireland: Coverage from Eden Park in Auckland. Kick-off is at 8.10. (S)
10.50 LIVE **Rugby Union: Nations Championship** Australia v Italy: All the action from HBF Park in Perth. Kick-off is at 11.10. (S)
1.10 PM LIVE **Rugby Union: Nations Championship** Fiji v Scotland: The round-robin match at Scottish Gas Murrayfield. Kick-off is at 2.10. (S)
4.15 LIVE **Rugby Union: Nations Championship** South Africa v Wales: The round-robin match from Hollywoodbets Kings Park in Durban. Kick-off is at 4.40. (S)

10.45 Bad Boys

6 PM
LIVE **Rugby Union: Nations Championship** (started at 4.15pm)

7 PM
7.00 **ITV News** (S)
7.15 **Local News** (S)
7.30 LIVE **Rugby Union: Nations Championship** Argentina v England: Jill Douglas presents all the action from the round-robin match at Estadio Único Madre de Ciudades in Santiago del Estero. This is the final contest of the Southern Hemisphere Series, with three more rounds of round-robin fixtures taking place in the Northern Hemisphere Series in November, before a Finals Weekend takes place at the end of that month in London. Analysis from Danny Care and Kyle Sinckler, and commentary by Nick Mullins and David Flatman.. Kick-off is at 8.10. (S)

8 PM
10.30 **ITV News** (S)
10.45 FILM **Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. With Téa Leoni. (S)(AD) (1995, 15, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

9 PM

10 PM
1.00 AM **Teleshopping**
3.00 **The Vardys** 2/3. Becky and the kids make the move to Italy, while an injured and frustrated Jamie is unable to play. (S)(SL)(R)(AD)
4.05 **Unwind with ITV** (S)
5.00 **to 6.00** AM **Dickinson's Real Deal** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.10 AM **The King of Queens** (S)(R)
7.50 **The Simpsons** (S)(R)(AD)
9.15 **Everybody Loves Raymond** (S)(R)
11.15 **Frasier** 19-22/24. (S1) (S)(R)(AD)
1.15 PM **A New Life in the Sun: Road Trip** The European tour moves on to France's Bordeaux and Bergerac wine regions. (S)(R)
2.20 **Four in a Bed** The first visit of the week is to Sefton Blackpool. (S)(R)
2.50 A visit to The Apple Farm glampsite in Warwickshire. (S)(R)
3.20 The rivals head to Bechan Retreats in Powys. (S)(R)
3.55 The final visit of the week is to Castle Inn in Powys. (S)(R)
4.25 Payment Day arrives. (S)(R)
4.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer come to the aid of house-hunters in Cambridgeshire. (S)(R)

9.00 Wicked Little Letters

6 PM
6.00 **Kirstie and Phil's Love It or List It** Kirstie Allsopp and Phil Spencer help a couple who cannot agree what to do with their home in Wandsworth, south London. (S)(R)(AD)

7 PM
7.00 **News** (S)
7.30 **F1: Belgian Grand Prix Qualifying Highlights** Steve Jones presents action from the battle for grid positions in the 10th round of the season, held at Circuit de Spa-Francorchamps. McLaren's Lando Norris qualified fastest here last year, with his teammate Oscar Piastri joining him at the front of the grid. With analysis from Claire Williams and Alice Powell. (S)

8 PM
9.00 FILM PREMIERE **Wicked Little Letters** Comedy drama starring Olivia Colman and Jessie Buckley. In 1920s Littlehampton, residents begin receiving obscenity-laden letters from an anonymous sender. (S)(AD) (2023, 15, 115min) ★★★
See review, page 25.
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

9 PM
10.55 FILM **The Menu** Comedy thriller starring Ralph Fiennes, Anya Taylor-Joy and Nicholas Hoult. (S)(AD) (2022, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10 PM
12.50 AM FILM **Men** Horror starring Jessie Buckley and Rory Kinnear. (S) (2022, 15, 100min) ★★★★
2.30 **Ramsay's Kitchen Nightmares USA** From Brooklyn. (S)(SL)(R)
3.20 **Couples Come Dine with Me** Couples from Portsmouth and the Isle of Wight compete. (S)(R)
4.15 **to 5.55** AM **The Simpsons** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.05 **Entertainment News** (S)
9.15 **Secrets of the Royal Palaces** Double bill of editions. (S)(R)
11.05 **Blenheim Palace: Behind the Grandeur** Double bill. (S)(R)
1.05 PM **The Royals: Uncensored** New edition Debate and insider analysis on the Royal Family. (S)
2.05 **Inside Longleat** A look behind the scenes of the stately home and its gardens. (S)(R)(AD)
3.05 Staff prepare for the Icons of the Sky festival. (S)(R)(AD)
4.00 **Yorkshire Great and Small with Dan and Helen** Helen Skelton and Dan Walker explore the Holme Valley. (S)(R)
5.00 Helen and Dan follow a scenic stretch of the Trans Pennine Trail. (S)(R)

8.00 Alexander Armstrong

6.00 **Highgrove House: The King's Private Home** A look at Charles III's family home, an 18th-century country house that was bought by him in 1980. (S)(R)
6.55 **News** (S)
7.00 **Tour de France** Rebecca Charlton presents highlights of the 14th stage, a 155.3km mountainous route from Mulhouse to Le Markstein Fellering. (S)
8.00 **Alexander Armstrong Across America** Series finale 4/4. Alexander concludes his journey in Florida, visiting Miami to explore Little Havana's Cuban community. (S)
9.00 **Kate & the King: A Special Relationship** Documentary exploring the special bond that has grown between King Charles and Catherine, Princess of Wales. (S)(R)
10.00 **The TV Rich List: Who Earns the Most?** A countdown of the 30 wealthiest stars of British television. (S)(R)
12.00 M'T **Katie Price: Where Did All the Money Go?** (S)(R)
12.55 AM **Entertainment News** (S)
1.00 **Teleshopping** (S)(R)
2.00 **Royal Protocol: Breaking the Rules** Documentary. (S)(R)
2.50 **Casualty 24/7: Every Second Counts** (S)(R)(AD)
3.45 **Friends** (S4) (S)(R)(AD)
4.35 **Cruising with Susan Calman** The Caribbean. (S)(SL)(R)(AD)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Hawaii Five-0** (S5) (S)(R)
8.00 **Deep Dive Australia** (S)(R)
10.00 **The Simpsons** (S)(R)
1.00 PM **La Brea** 3/14. Gavin and Eve attempt to escape from their captors. (S)(R)(AD)
2.00 4/14. Eve takes the lead against invaders. (S2) (S)(R)(AD)
3.00 **Animal Control** 11/12. Rick asks Emily out on a date. (S)(R)
3.30 12/12. Shred tries to break up with Camilla. (S1) (S)(R)
4.00 1/9. Frank decides to cheer Shred up. (S)(R)
4.30 2/9. Emily enlists the team's help in an adoption competition. (S2) (S)(R)
5.00 **F1: Belgian Grand Prix Qualifying Highlights** Action from the battle for grid positions in the 10th round of the season.

9.00 Skyscraper

F1: Belgian Grand Prix Qualifying Highlights (started at 5.00pm)
7.00 **FILM** **Eddie the Eagle** Biopic of British underdog ski jumper Eddie Edwards, who became a national sensation during the 1988 Winter Olympics. Stars Taron Egerton, Hugh Jackman and Christopher Walken. (S) (2016, PG, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
9.00 **FILM** **Skyscraper** Action thriller starring Dwayne Johnson. A security expert must infiltrate a burning skyscraper, 225 storeys above ground, when his family is trapped inside by criminals. With Neve Campbell and Chin Han. (S) (2018, 12, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.00 **NEW** **The Odyssey: The Making of an Epic** Preview of Christopher Nolan's adaption of *The Odyssey*.
11.30 **Ricky Gervais: Fame** (S)(R)
1.00 AM **The Force: North East** Officers deal with a samurai sword attack. (S)(R)
2.00 Two women are caught fighting in the street. (S)(R)
3.00 **Road Wars** (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol**

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
5.15-5.45pm Our Lives: Sleigh (S)(R)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
6.00pm The Chronicles of Armagh (S)(R) **6.30** Barra's Return of the Wild (S)(R) **7.00-7.30pm** True North: Hunting the Giant Bluefin Tuna (S)(R)

WALES
Sky **968**, Freesat **968**
7.00-8.30pm Summer Night Concert from Vienna (S)(R)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Parc Glan Gwil **10.15** Garddio a Mwy **10.50** Dan Do **11.20** Cartrefi Cymru **11.50** Sgwrs Dan y Lloer **12.25pm** Ffasiwn Drefn (AD) **12.55** 3Cân **1.25** Iolo: Natur Bregus Cymru (AD) **2.25** Jason Mohammad: Stadiymau'r Byd **3.25** Cymry ar Gynfas **4.00** Clwb Rygbi Rhyngwladol **7.00** **NEW** Sgwrs ar y Beic: Dwayne Peel **7.15** Newyddion a'r Tywydd **7.30** Ciao! Colleen Ag Owain (AD) **8.00** Noson Lawen **9.00** Seiclo: Tour de France **9.30** Amour & Mynydd **10.30** Après: Amour & Mynydd **11.00-11.35pm** Stiwdio24/7

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **Doctor Who** *The Zygon Invasion:* 7/14. Part one of two. Zygons living in secret on Earth plot a revolution. Guest stars Ingrid Oliver and Jemma Redgrave. **7.45** *The Zygon Inversion:* 8/14. Part two of two. The Doctor has to prevent a war. Stars Peter Capaldi. (S9)
8.30 **Not Going Out** 6/6. Lee organises a family camping trip in an attempt to bring the generations together. **9.00** 5/6. Lee does jury service and puts the other 11 jurors on trial. (S12)
9.30 **Mrs Brown's Boys** 2/6. Cathy's family counselling session descends into chaos. **10.00** 3/6. Agnes looks after a robotic baby. (S2)
10.30 **Only Child** 4/6. Ken forces Richard to accompany him to Aviemore. (S2)
11.00 **Only Child** 5&6/6. (S2)
11.55 **Schitt's Creek** 1-3/13. (S2)
1.00 AM **Bluestone 42** (S2)
2.30 **Dave's Games**
2.50 **Rocket Fuel**
3.05 **to 3.50** AM **Doctor Who**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Four in a Bed**
11.35 **A Place in the Sun**
3.40 PM **Come Dine with Me** Make-up artist Jules hosts the first dinner party from Northamptonshire. **4.15** Funeral service manager Peter hosts. **4.50** Stay-at-home mum Stephanie plays host. **5.20** Business planning manager Lauren hosts. **5.50** Managing director Carl hosts the final dinner party in Northamptonshire.
6.25 **Four in a Bed** The contest begins at Westbrook Lodge Guest House in Margate. **6.55** A visit to The Casterbridge in Dorchester. **7.25** From Overtown Manor in Wroughton, Wiltshire. **7.55** From The Castle Inn in George Nympton, Devon. **8.30** Payment Day arrives.
9.00 **24 Hours in A&E** A scaffolder arrives at the hospital after suffering a head injury at a building site.
10.00 **24 Hours in A&E** A sportsman grits his teeth as a doctor slots his dislocated shoulder back into place, while a man talks about living with severe pain.
11.05 **999: On the Front Line**
12.10 AM **Emergency Helicopter Medics**
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Natural World: Raising Sancho** The story of a giant otter cub.
7.05 **Life on Earth** The wide diversity of marine life.
8.00 **Voyages of Discovery** Fridtjof Nansen's expedition to the North Pole in 1893.
9.00 **The Sentinels** New episodes 3/8. Irène decides to conduct her own investigation into Gabriel's alleged death, while Gruber is interrogated regarding the rival programme. Subtitled. **9.40** 4/8. The general staff orders the elimination of the Germans' superhuman. (S1)
10.25 **The Black Forest Murders** *Blood Rain:* 3/4. A hair found in the Schora case leads the investigators to a suspect. **11.10** *The Longest Night:* 4/4. Progress is slow as the investigation reaches the 100-day mark. Subtitled. (S1)
12.00 M'T **To the Manor Born**
12.30 AM **The Good Life**
1.00 **Life on Earth**
1.55 **to 2.55** AM **Voyages of Discovery**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **The Great Australian Bake Off** Cheese Week.
7.10 **Ramsay's Hotel Hell**
11.10 **FILM** **The Emoji Movie** Animated family adventure. (2017, U, 83min) ★
1.00 PM **The Simpsons**
5.30 **FILM** **A Knight's Tale** Medieval action comedy starring Heath Ledger and Paul Bettany. A 14th-century peasant pretends to be a knight and becomes a champion jouster. (2001, PG, 132min) ★★★
8.00 **Supercruising: Life at Sea** The MS *Nieuw Statendam* circles the Caribbean. Dancers Daisy, Freddie and Lauren knuckle down to rehearse a Las Vegas-style performance with solo singer Cassidy.
9.00 **Celebrity Gogglebox** The best moments from the first series, with reviews of *Love Island, Killing Eve, Naked Attraction* and *First Dates*, as well as the films *Titanic* and *American Pie*.
10.00 **Gogglebox** *Virgin Island, How to Clean Up for Cash, The Neighbourhood and Widow's Bay* are appraised.
11.05 **Gogglebox** Opinions on *Jamie's Ultimate BBQ* and *Britain's Got Talent*.
12.05 AM **First Dates**
2.15 **Gogglebox**
4.05 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 | 306 | 30 | 123 | 256

primetime

primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Sun, Sea and A&E**
8.00 **A1: Britain's Longest Road**
9.00 **UK Border Force**
10.00 **Caught on Dashcam**
12.00 NOON **Caught Red Handed** Grab-and-dash thieves target a Jersey department store. **12.40** PM Police put out a decoy car to catch thieves. **1.20** A masked intruder scares a shop's employees.
2.00 **Nothing to Declare** Ten editions of the documentary series following the work of customs officers in Australia.

9.00 Blue Bloods

Sky Atlantic

108/109 108/109 111 342 357

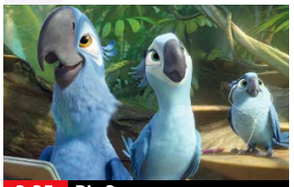
6.00 AM **Fish Town** Double bill.
8.00 **Billions** 3-5/12. (S4)
11.30 **Gomorrah** Five episodes of the drama, including at: **2.30** PM 11/12. Genny is forced to put a plan into action. **3.30** 12/12. Ciro, Genny and Enzo agree a treaty with the Confederati. Subtitled. (S3)
4.30 **The Gilded Age** 1/9. Drama starring Louisa Jacobson. **6.00** 2/9. Oscar van Rhijn homes in on Gladys Russell, and drama rips through a charity bazaar. (S1)

7.00 The Gilded Age

ITV2

118 122 115 6 113 6

6.00 AM **Totally Bonkers Guinness World Records**
6.20 **Deal or No Deal**
7.20 **Dress to Impress**
9.20 **Deal or No Deal**
12.25 PM **Wheel of Fortune**
1.25 **Celebrity Catchphrase**
2.25 **FILM Rio 2** Animated comedy sequel with the voices of Jesse Eisenberg and Anne Hathaway. (2014, U, 101 min) ★★★
4.30 **FILM Hotel Transylvania 3: Summer Vacation** Animated sequel with the voice of Adam Sandler. (2018, U, 97min) ★★


2.25 Rio 2

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
6.35 **Wycliffe** 1-3/8. (S3)
9.55 **Endeavour**
11.50 **The Darling Buds of May**
2.00 PM **Midsomer Murders** *The House in the Woods:* Barnaby investigates a double murder. **4.00** *Dead Letters:* Barnaby and Jones investigate the case of a woman found drowned at a local carnival. **6.00** *Vixen's Run:* The duo investigate the death of a local aristocrat who seemingly died of a heart attack.

2.00 Midsomer Murders

ITV4

120 124 118 26 117 21

6.00 AM **Sport Filler Shows**
6.20 **The Big Match Revisited**
7.25 **World Superbike Highlights**
8.30 **Racing: The Opening Show**
9.30 **LIVE Rugby Union: Nations Championship** Japan v France: Coverage from MUFG Stadium. Kick-off is at 9.40.
11.40 **Sport Filler Shows**
11.50 **Made in Britain**
12.20 PM **Aussie Pickers**
1.30 **LIVE Racing** From Newbury, Ripon and Market Rasen.
4.00 **River Monsters**
4.30 **Sharpe** *Sharpe's Justice.*

9.00 Terminator 2

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

7.00 The Gilded Age *Face the Music:* 3/9. An unfortunate development finds George's new rail station under threat.

6.35 FILM Godzilla Monster thriller remake starring Aaron Taylor-Johnson and Bryan Cranston. A giant monster may be the only hope of stopping a race of underground creatures on a deadly global rampage. (2014, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

Midsomer Murders (started at 6.00pm)

6.45 Sharpe *Sharpe's Waterloo:* 3/3. Learning Napoleon has returned from exile, Sharpe joins forces with the remaining Chosen Men for one of history's most momentous military engagements – the Battle of Waterloo. (S5)

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

8.00 The Gilded Age *A Long Ladder:* 4/9. George agrees to help Bertha, and a visit has a lasting impact at Russell house. (S1)

8.00 Midsomer Murders *Down Among the Dead Men:* Barnaby and Jones discover a murdered council clerk was an expert blackmailer, and visit the home of his latest victims to work out who might have done the deed. Guest stars Grant Masters.

9 PM

9.00 Blue Bloods *On Dangerous Ground:* 6/21. Danny and Jamie clash over a gang-related shooting. (S13)

9.00 The Five-Star Weekend *Friday: Arrivals:* 1/8. A blogger tries to combat loss by hosting a luxury break with her friends.

9.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 FILM Terminator 2: Judgment Day Sci-fi thriller sequel starring Arnold Schwarzenegger as a cyborg from the future that has been programmed to protect humanity's destined saviour. With Linda Hamilton, Edward Furlong and Robert Patrick. (1991, 15, 146min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

10.00 The Equalizer *Vox Populi:* 16/18. Aunt Vi serves on a jury and is the only one who thinks the defendant is innocent. (S2)
11.00 **FBI: International** 2/22. (S2)
12.00 M'T **Law & Order: SVU** (S26)
1.00 AM **Caught on Dashcam** New edition Road disasters.
2.00 **Road Wars**
3.00 **Brit Cops: Rapid Response**
4.00 **A1: Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

10.00 The Five-Star Weekend *Friday Night: Pyjama Dance Party:* 2/8. Hollis's friends want her to deal with her grief. (S1)
11.00 **All Her Fault** 1/8. (S1)
12.00 M'T **DTF St Louis** 6/7. Floyd's ego takes a hit. **1.00** AM 7/7. Clark proposes a new plan. (S1)
2.05 **Deadwood** 7&8/12. (S2)
4.10 **Urban Secrets**
5.05 **to 6.00** AM **The Guest Wing**

10.00 Love Island: Unseen Bits New edition Exclusive unseen action from the villa, featuring fun, flirting and fallouts.
11.05 **Family Guy** 2/18. Peter's parents get a divorce. (S5)
11.35 **Family Guy** 28/30. (S4)
12.05 AM **American Dad!** (S5)
1.05 **G'wed** 6/7. (S3)
1.40 **Plebs** 2/8. (S2)
2.10 **Piglets** 5/6. (S2)
2.35 **to 3.00** AM **Unwind with ITV**

10.00 Vera *The Deer Hunters:* A suspected poacher is killed by a single gunshot wound, prompting Vera to investigate why he had recently returned to Northumberland after being away for 15 years.
11.50 **Inspector Morse** *The Secret of Bay 5b:* A murder at a car park unveils a crime of passion.
2.00 **to 2.30** AM **George and Mildred**

11.40 Wrestling: AEW Dynamite Hard-hitting wrestling action.
1.40 AM **Two and a Half Men** (S4)
2.40 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 207 310 | +1 hour 208/209 | +1 hour 218 315 29 114 254 | +1 hour 219 317 116 | +1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Repair Shop on the Road** Aberfeldy's Crannog Centre.
8.00 **Interior Design Masters with Alan Carr** The designers turn hotel bedrooms into perfect love nests.
9.00 **Kevin Bridges: In Search of the Beautiful Game** The comedian explores the state of football and its cultural significance.
10.00 **NEW SERIES Cumming to the Cabaret!** 1/6. Behind the scenes at Alan Cumming's New York bar and club. **10.25** New edition 2/6. Alan heads to Hollywood to receive his star on the Walk of Fame.
10.50 **Mrs Brown's Boys**
11.20 PM **to 12.00** M'T **Ray Bradshaw's Bald Ginger**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Sort Of** 5/8. (S1)
8.25 **Will & Grace** (S5)
11.00 **Breeders** 1-5/10. (S3)
1.30 PM **Community** (S5)
4.00 **Will & Grace** (S1&2)
6.30 **The Office (US)** Five episodes, including at: **7.30** 10/25. Michael's inappropriate Christmas cards upset Carol. **8.00** 11/25. Michael tries to deal with being dumped by Carol. **8.30** 12/25. Michael returns from his holiday in Jamaica. (S3)
9.00 **Tom Davis: Underdog** Stand-up performance.
10.15 **FILM Quartet** Dustin Hoffman's comedy drama starring Maggie Smith, Tom Courtenay and Billy Connolly. (2012, 12, 94min) ★★★★
12.15 AM **Yvonne Orji: A Whole Me** Stand-up.
1.30 **The Comeback** (S3)
2.45 **Avenue 5** 5&6/8. (S2)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Turandot**
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Grand Ole Opry: Opry Live** From Nashville, Tennessee.
2.00 **Discovering**
3.00 **FILM Moulin Rouge** Biopic starring José Ferrer. (1952, PG, 120min) ★★★
5.15 **Michael Flatley: Lord of the Dance – Dangerous Games**
7.00 **Classic Albums** Cream's *Disraeli Gears.* **8.00** Meat Loaf's *Bat Out of Hell.*
9.00 **Greatest Guitar Riffs**
12.00 M'T **The Rolling Stones: Welcome to Shepherd's Bush**
2.00 AM **Pink Floyd: The Story of Wish You Were Here**
3.20 **Led Zeppelin: In the Light** Documentary.
4.40 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security: America's Front Line**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Caught Red Handed**
4.00 **Ningaloo: Australia's Ocean Wonder**
5.00 **Deep Dive North America** Documentary.
6.00 **The Secret Life of the Hermit Crab**
7.00 **Great Barrier Reef with David Attenborough**
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.
9.00 **Agatha Raisin** *A Spoonful of Poison:* 3/4. The judge of a jam-making competition dies after being poisoned by the winning entry. (S4)
11.00 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Who Wants to Be a Millionaire?** Quiz show.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Celebrity Supermarket Sweep** Featuring guests Scarlett Moffatt, John Barnes, David Seaman, Linda Robson and Lesley Joseph.
9.00 **The Chase Celebrity Special** With guests David James, Lucrezia Millarini, Joe Sugg and Myles Stephenson.
10.00 **Tipping Point** Triple bill of the game show.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Devon and Cornwall**
9.30 **A Place in the Sun**
11.30 **Come Dine with Me**
2.00 PM **Couples Come Dine with Me** From Worthing and Portsmouth.
4.00 **A Place in the Sun**
8.00 **Location, Location, Location** Searching for homes in Stirling and the outskirts of Glasgow.
9.00 **Grand Designs** Following a couple building a floating home on a tidal estuary near Worthing.
10.00 **Big Fat Quiz: Best Bits** A compilation of chaotic moments.
11.00 **8 Out of 10 Cats Does Countdown**
12.05 AM **FILM Alita: Battle Angel** Sci-fi adventure with Rosa Salazar and Christoph Waltz. (2019, 12, 117min) ★★★★
2.25 **24 Hours in Police Custody: The Home County Cartel**
3.55 **to 4.50** AM **Celebrity Gogglebox**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** Five episodes, including at: **3.00** PM 1/24. The crew investigate a hostile race. (S3)
4.00 **Star Trek: Voyager** 26/26. The crew encounter another Federation starship. (S5) **5.00** 1/26. Seven refuses to help Ransom restore the enhanced warp drive. **6.00** 2/26. Seven's past returns as she is bombarded with flashbacks. (S6)

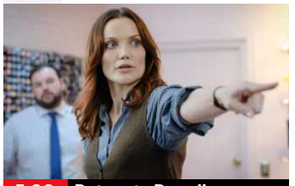
9.00 From

7.00 **Star Trek: Voyager** *Barge of the Dead:* 3/26. A near-death experience prompts B'Elanna Torres to embark on a quest.
8.00 **Star Trek: Voyager** *Tinker, Tenor, Doctor, Spy:* 4/26. The Doctor experiences some strange daydreams. (S6)
9.00 **From** *The Heart Is a Lonely Hunter:* 6/10. Deeply troubling news from the settlement makes its way back to town.
10.00 **From** *Best Laid Plans:* 7/10. Tabitha and Jade's history is brought to light, while Boyd wants to test a dangerous theory. (S4)
11.00 **From** 8/10. Boyd weighs up a dangerous plan that could bring everyone home. (S4)
12.00 M'T **Grimm** 4/22. A mobster challenges three men to win his daughter's hand in marriage. **1.00** AM 5/22. Nick encounters the mythical Rat King. (S5)
2.00 **The Walking Dead** (S6)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S15)
10.00 **Miss Scarlet** (S6)
12.00 NOON **Death in Paradise**
1.00 PM **Father Brown** Four episodes of the drama.
5.00 **Return to Paradise** 3/6. A hairdresser is found strangled to death in her locked beauty salon, with no evidence of a break-in. **6.00** 4/6. An activist is mysteriously bludgeoned to death while chained to an excavator with his group during a protest. (S1)



5.00 Return to Paradise

7.00 **Death in Paradise** *Sins of the Detective – Part Two:* 7/8. The team must prove Neville's innocence after Cartwright's murder. (S12)
8.00 **Father Brown** *The Hidden Man:* Father Brown's friendship with Flambeau is tested when the thief is suspected of murder.
9.00 **Death in Paradise** *A Calypso Caramba:* 8/8. The team investigate the murder of a calypso singer's husband. (S12)
10.00 **Father Brown** *The Dance of Death:* The priest uncovers a secret when a contestant is murdered at a dancing competition.
11.00 **Father Brown** *The Cat of Mastigatus:* A girl is left for dead at a boys' school fete. **12.00** M'T *The Flower and the Fairway:* A body is discovered on a golf course.
1.00 AM **Murdoch Mysteries**
2.55 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Only Fools and Horses**
12.40 PM **Only Fools and Horses** Nine episodes, including at: **4.40** Rodney starts going out with a police officer, much to the consternation of Del Boy. **5.20** Del tries to sell two antique urns – but one of them contains the ashes of Trigger's late grandfather. **6.00** Del takes up cards in his latest bid to make a fortune.
6.40 **Red Dwarf** Lister is impregnated with an intelligent but potentially fatal virus.

8.00 Only Fools and Horses

7.20 **Red Dwarf** The crew members search for nanobots in a laundry hamper to restore Lister to his pre-viral state.
8.00 **Only Fools and Horses** Rodney finds himself a girlfriend, but she is old enough to be his mother. **8.40** Del jumps at the opportunity to decorate the Chinese restaurant. **9.20** Del and Rodney agree to let Grandad go on holiday with them.
10.00 **Only Fools and Horses** Del seizes an opportunity to start his own chandelier-cleaning business.
10.40 **Red Dwarf** As 6.40pm.
11.20 **Red Dwarf**
12.00 M'T **Bottom Live: Weapons Grade Y-Fronts Tour** Eddie and Richie travel through time and space inside a lavatory.
2.00 AM **Bottom**
2.45 **Black Ops**
3.15 **to 4.00** AM **Hi-de-Hi!**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.30 AM **Highland Cops**
8.25 **Would I Lie to You?**
1.00 PM **Would I Lie to You? at Christmas** As 8.20pm.
1.40 **Would I Lie to You?** Eight editions, including at: **5.00** With guest panellists Craig Charles, Amy Gledhill, Shazia Mirza and Jeremy Vine. **5.40** Guest panellists Sinitta, Jo Brand, Ivo Graham and Johnny Marr join the regulars. **6.20** With Babatunde Aléshé, Claudia Winkleman, Jessica Knappett and Mike Bubbins.

9.00 QI

7.00 **Would I Lie to You?** With Sam Campbell, Will Mellor, Kimberley Walsh and Charlene White. **7.35** Unseen material from the comedy panel show.
8.20 **Would I Lie to You? at Christmas** Guests include Alex Brooker and Victoria Coren Mitchell.
9.00 **QI** Stephen Fry hosts, with Jo Brand, Vic Reeves and Clive Anderson. **9.40** With Jimmy Carr, Phill Jupitus, David Mitchell and Alan Davies. **10.20** A Children in Need special, with guests Jo Brand, Bill Bailey and Jeremy Clarkson.
11.00 **Not Going Out** Triple bill of Lee Mack's comedy.
1.00 AM **Have I Got a Bit More News for You** David Tennant hosts the satirical quiz, with Zoe Lyons and Johnny Mercer.
2.00 **QI** As shown at 9.00pm.
2.45 **to 4.00** AM **I'll Get This**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **Birds of a Feather**
9.55 **Jonathan Creek**
1.10 PM **Father Brown**
2.10 **New Tricks** *Ghosts:* The team reinvestigate the mysterious disappearance of a police officer. With Julie Graham. **3.35** *London Underground:* The team look into the deaths of a film critic and an artist.
4.35 **Miss Marple** *4.50 from Paddington:* The sleuth investigates when a friend witnesses a murder on a train while travelling from London.

9.00 The Count of Monte Cristo

7.00 **The Brokenwood Mysteries** *No Return Ticket:* 4/6. The grand reopening of a vintage railway in Brokenwood comes to a grinding halt when a bride is found dead on the tracks on her wedding day. (S12)
9.00 **The Count of Monte Cristo** 6/8. Edmond introduces Vampa, now posing as the Count of Spada, into society. (S1)
10.15 **Outrageous** *Girl on the Rebound:* 2/6. Christmas 1932 is a gloomy one for the Mitfords, with Diana banished in the wake of her divorce. (S1)
11.10 **The Last Detective** *Towpaths of Glory:* Davies investigates the murder of ex-soldier.
12.50 AM **New Tricks**
2.20 **Birds of a Feather**
2.50 **to 4.00** AM **Darby and Joan**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.05 **Cops** Documentary.
9.30 **Wild Cards** (S1)
11.25 **Blue Bloods** (S4)
2.15 PM **Bull** Five episodes of the drama, including at: **6.10** *The Boy Who Cried Murder:* 10/16. Bull petitions to have a body exhumed. (S5)
7.10 **Jesse Stone: Thin Ice** A New England police chief under investigation over a shoot-out defies the town council to help find a missing child.
9.00 **NCIS** *Bad Blood:* 13/20. The team probe a death at a blood bank. (S22)
10.00 **Law & Order: Special Victims Unit** *Strange Beauty:* 22/23. A kidnap victim's leg is discovered in a canal. (S13)
11.00 **Law & Order: Special Victims Unit** (S13)
1.50 AM **Bull** 6&7/16. (S5)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S8)
10.00 **Entertainment News**
10.15 **Nightmare Tenants, Slum Landlords**
3.15 PM **Fare Dodgers: At War with the Law**
4.15 **FILM Runaway Bride** Romantic comedy with Julia Roberts. (1999, PG, 116min) ★★★
6.35 **FILM The Best Exotic Marigold Hotel** Comedy drama with Judi Dench and Bill Nighy. (2011, 12, 118min) ★★★★
9.00 **FILM The Second Best Exotic Marigold Hotel** Comedy drama sequel starring Dev Patel. (2015, PG, 122min) ★★★
11.25 **Piers Morgan: Uncensored**
1.25 AM **Adults Only: Mums Who Do Porn**
2.20 **Adults Only: Cam Girls Get Rich**
3.10 **to 4.00** AM **Killer at the Crime Scene**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Police Interceptors**
2.05 PM **The Motorway**
5.10 **FILM The Naked Spur** Western starring James Stewart and Janet Leigh. (1953, PG, 91min) ★★★
7.05 **FILM Tom Horn** Western adventure starring Steve McQueen, Linda Evans and Richard Farnsworth. (1980, 15, 98min) ★★★
9.00 **The Black Death: Bring Out Your Dead** Dan Snow investigates how the Black Death devastated Britain 700 years ago.
10.00 **The Black Death: Pandemic** Britain finds itself in the grip of the most devastating pandemic in history.
11.05 **The X-Files** *Synchrony:* 19/24. Mulder believes they are dealing with a time traveller. (S4)
12.05 AM **The X-Files** (S4)
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
1.00 PM **999 Rescue Squad**
7.00 **Ambulance Australia** Paramedics Shelly and Shane help the victim of a hit-and-run incident. **8.00** Armahn and Ash are called to help a 96-year-old woman.
9.00 **Gavin & Stacey** The Shipmans drive to Wales for a wedding fayre. **9.40** The bride-to-be goes on a hen party, while Gavin embarks on two stag nights. **10.20** The day of the wedding arrives, and Nessa debates whether to share her big secret.
11.00 **The Catherine Tate Show** Triple bill.
1.00 AM **Selena and Yolanda: The Secrets Between Them**
2.00 **to 3.00** AM **Louis Theroux's Weird Weekends: Christmas Special**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Secrets of the London Underground**
12.00 NOON **Flipping Bangers** Double bill.
2.00 PM **Planet Earth III**
7.00 **Bangers & Cash** Dave test-drives a Tesla Model X, while Derek is bowled over by a classic vintage motorbike. **8.00** Charlie collects an Austin van from the North Yorkshire Moors. **9.00** Paul attempts to extract a vintage tractor from a Yorkshire barn. **10.00** Charlie picks up an iconic 1960s motor – a Ford Cortina Delux. **11.00** Dave meets the inspirational owner of a Reliant Robin.
12.00 M'T **Bangers & Cash: Restoring Classics**
2.00 **to 3.00** AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Florida.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Double bill.
12.00 NOON **The Repair Shop** Nine editions of the series, including at: **7.00** PM Items include a chair made for King George VI's coronation. **8.00** The team restore a beloved clarinet, a grandfather clock and an antique farming tool.
9.00 **Death Walker with Nick Groff** New edition Nick and Tessa visit Barton Hill Mansion, a centuries-old estate built on land scarred by war and tragedy.
10.00 **Help! My House Is Haunted** Four editions.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

SATURDAY Entertainment

Great! TV

157 167 170 34 32

8.00 AM **Little House on the Prairie** 3-8/25. (S1)
2.00 PM **Little House on the Prairie** 9-12/25. (S1)
6.00 **The Waltons** 7/25. (S4)
7.00 **FILM A Day for Thanks on Waltons Mountain** Family drama spin-off from the popular TV series, starring Ralph Waite, Ellen Corby and Jon Walmsley. (1982, PG, 93min) ★★
9.00 **FILM I'm All Right, Jack** The Boulting Brothers' classic satire lampooning British industrial relations. Stars Ian Carmichael, Terry-Thomas and Peter Sellers. (1959, b/w, U, 105min) ★★★
11.20 **Man About the House**
12.20 AM **Robin's Nest** (S1)
1.20 **Rising Damp** (S3&4)
2.20 **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM **Wanted: Dead or Alive** Double bill.
10.00 **FILM They Came to Cordura** Western. (1959, PG, 123min) ★★★
12.35 PM **FILM Force 10 from Navarone** Adventure sequel with Robert Shaw. (1978, 12, 118min) ★★
3.10 **FILM Junior Bonner** Western adventure. (1972, PG, 103min) ★★★
5.25 **FILM Major Dundee** Western adventure. (1964, PG, 117min) ★★★
8.00 **FILM The Cold Light of Day** Action thriller starring Henry Cavill. (2012, 12, 89min) ★★
10.00 **FILM Valkyrie** Thriller starring Tom Cruise. (2008, 12, 115min) ★★★
12.30 AM **Dragon Ball Super**
1.30 **Coast Guard Alaska**
3.25 **FILM Super Eruption** Disaster movie. (2011, 15, 89min) ★★
4.50 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **Air Rescue**
8.40 **Diagnosis Murder**
9.40 **FILM Freedom to Give** Drama. (2014, PG) ★★
11.30 **Lost Letter Mysteries: Family Reunited**
1.20 PM **FILM A Chocolate Chip Cookie Mystery** Thriller. (2015, PG) ★★
3.10 **FILM A Plum Pudding Mystery** Festive drama. (2015, PG, 85min) ★★
5.05 **FILM Just Desserts** Drama. (2017, PG) ★★
7.05 **FILM Riddled with Deceit** Crime drama. (2020, PG, 85min) ★★
9.00 **FILM Ships in the Night** Thriller. (2021, PG) ★★
10.55 **FILM Three Bedrooms, One Corpse** Drama. (2016, PG, 84min) ★★
12.50 AM **FILM Secrets in the Snow** (2020, PG) ★
2.30 **FILM Stolen in Her Sleep** (2021, PG) ★★
4.00 **to 5.00** AM **Diagnosis Murder**

+1 hour 321

Great! Romance

322 319 424 52 47

8.15 AM **FILM The Last Bridesmaid** Drama. (2019, PG, 90min) ★★
10.10 **FILM A Perfect Match** Drama. (2021, PG) ★★
12.00 NOON **FILM The Way to the Heart** Drama. (2022, PG, 86min) ★★
1.55 PM **FILM Vote One for Love** Romantic drama. (2023, PG, 90min) ★★
3.55 **FILM North to Home** Drama. (2022, PG) ★★
5.50 **FILM Fishing for Love** Drama. (2021, U) ★★
7.50 **FILM Love at Lookout Lake** Romantic comedy. (2025, U, 89min) ★★
9.50 **FILM A Country Romance** Drama starring Alix Angelis. (2021, PG, 83min) ★★
11.45 **FILM Sister Dating Swap** Romantic comedy. (2023, PG, 89min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM The Way to the Heart**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** Creating a car-themed garden.
1.00 PM **Country House Auction** Double bill.
3.00 **Robson Green's Weekend Escapes**
3.45 **FILM Fist of Fury** Thriller. (1972, 18, 106min) ★★★
5.45 **FILM Deadly Recruits** Espionage thriller. (1986, PG, 92min) ★★
7.45 **FILM The Magnificent Seven Deadly Sins** Comedy sketches. (1971, PG, 104min) ★★★
10.00 **FILM School For Sex** Comedy starring Derek Aylward and Rose Alba. (1969, 18, 80min) ★★
11.45 **Musketeer** Short drama.
12.00 M'T **FILM Fanny Hill** Drama. (1983, 18) ★★
2.00 AM **FILM Loophole** Thriller. (1980, PG) ★★
4.15 **Real Thick Glasses**
4.30 **to 5.00** AM **Queer Lives Today**

Rewind TV

182 81 164 141

6.00 AM **Space 1999** (S2)
7.00 **Man in a Suitcase**
10.00 **Doctor in Charge**
11.00 **Mother's Ruin**
12.00 NOON **The Fenn Street Gang** 4&5/18. (S3)
1.00 PM **Second Thoughts**
2.30 **Agony** 4&5/6. (S1)
3.30 **Frankie's On** Triple bill.
5.00 **Mother's Ruin**
6.00 **The Day Pele Came to Town** Documentary.
6.30 **Doctor at Large**
7.00 **Doctor in Charge** (S1)
8.00 **The Fenn Street Gang**
9.00 **The Man Who Made Husbands Jealous**
10.05 **FILM Come Play with Me** (1977, 18) ★★
12.05 AM **The Kenny Everett New Naughty Video**
1.40 **Stereo Underground**
2.40 **Hank the Cowboy**
2.55 **Rewind Time Machine**
3.00 **Agony** 4&5/6. (S1)
4.00 **Bubblegum & Cheese**
5.00 **to 6.00** AM **Stereo Underground**

DMAX

159 151 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **Gem Hunters Down Under** Triple bill.
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive** Two extreme hoarders who are also mothers. **8.00** Cockroaches invade the home of a psychologist.
9.00 **Mysterious Creatures with Forrest Galante** The infamous legend of a 60ft snake brings Forrest and Jessica to Brazil, and after exploring underground caves, they encounter a massive Anaconda.
10.00 **Expedition X** The team head south to America's most haunted city.
11.00 **Expedition Files**
12.00 M'T **Monsters Inside Me**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa**
11.00 **Jamie's 5 Ingredient Mediterranean Meals**
12.00 NOON **Michel Roux's French Country Cooking**
1.00 PM **James Martin's Spanish Adventure**
3.00 **Rick Stein's Food Heroes: Another Helping** Ten editions of the series, including at: **7.30** The chef goes fishing for sardines.
8.00 **Jamie's 5 Ingredient Mediterranean Meals** Jamie shares his secrets for making dishes with just five ingredients.
9.00 **Diners, Drive-Ins and Dives** Guy Fieri heads to Boston to check out a beer-crust pizza. **9.30** Guy samples wild boar spaetzle in Nevada.
10.00 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **Six Million Dollar Man** Five episodes.
12.00 NOON **FILM Comanche Station** Western. (1960, PG, 74min) ★★
1.35 PM **FILM Gunfighters** Western adventure. (1947, PG, 87min) ★★
3.25 **FILM The Land That Time Forgot** Adventure. (1974, PG, 91min) ★★★
5.15 **FILM Airport** Thriller with Burt Lancaster. (1969, PG, 137min) ★★★
8.00 **The Twilight Zone** (S3)
9.00 **FILM xXx** Espionage thriller starring Vin Diesel and Asia Argento. (2002, 12, 124min) ★★
11.35 **FILM Blind Fury** Comedy adventure. (1989, 18, 87min) ★★
1.25 AM **FILM Acts of Violence** Crime drama. (2018, 15, 86min) ★★
3.15 **to 5.00** AM **FILM Butterfly on a Wheel** Psychological thriller. (2007, 15, 95min) ★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **Andromeda** (S3)
3.00 **The Gambler III: The Legend Continues** Western drama sequel starring Kenny Rogers and Bruce Boxleitner.
7.00 **FILM Warbirds** Sci-fi drama with Jamie Elle Mann and Lucy Faust. (2008, 15, 87min) ★★
9.00 **FILM State of Play** Political thriller starring Russell Crowe, Ben Affleck and Rachel McAdams. (2009, 12, 127min) ★★★★
11.35 **FILM Black Sunday** Suspense thriller starring Robert Shaw and Marthe Keller. (1976, 15, 143min) ★★
2.35 AM **FILM A Study in Terror** Crime thriller starring John Neville. (1965, 15, 91min) ★★★
4.30 **to 6.00** AM **The Twilight Zone**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Storage Wars Canada** Six editions.
8.20 **The UnXplained with William Shatner**
10.10 **Strange Evidence**
12.05 PM **The Proof Is Out There** Triple bill.
3.05 **What on Earth?**
6.00 **Strangest Things** A strange set of objects that were found in the Great Pyramid in Giza. **7.00** A machine built to control the weather. **8.00** Featuring a steam-powered gun.
9.00 **Hitler's Engineers** The support Hitler gave to Ferdinand Porsche.
10.00 **U-Boat Wargamers** A battle that turned the tide of the Atlantic war.
11.05 **MonsterQuest**
1.00 AM **Conspiracy Files: Unsealed** Triple bill.
2.30 **Top 10 Conspiracies of All Time**
3.00 **to 6.00** AM **Close Encounters Down Under**

5SELECT

153 166 138 46 133 30

9.00 AM **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Six episodes, including at: **5.00** *Danse Diabolique:* A ballerina is murdered after appearing in a production that is rumoured to be cursed. **6.00** *The Witch's Curse:* Jessica investigates an intriguing case following the re-enactment of a witch trial in Cabot Cove.
7.00 **Julie Andrews at 90: In Her Own Words** A profile of the actor.
8.30 **Love of an Icon: The Legend of Crocodile Dundee** Documentary exploring the making of the 1986 film *Crocodile Dundee*.
10.15 **Patrick Swayze: Dirty Dancer** The story of the actor's struggle for acceptance.
11.50 **Prisoner: Cell Block H**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Family Fortunes**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable** Quiz show.
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **Beat the Chasers**
5.00 **The Chase Celebrity Special** Matthew Hoggard, Michelle Mone Fern Britton and Neil Morrissey take part. **6.00** With Johnny Vegas, David Emanuel, Meera Syal and Kyran Bracken.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** With guests Katherine Ryan, George Shelley, Faye Brookes and Bobby Davro.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions.
2.00 AM **The Chase**
4.00 **The Chase Celebrity...**
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
11.00 **The Big Bang Theory**
8.00 PM **The Big Bang Theory** 9/24. The guys find a laptop that has virtual currency on it. **8.30** 10/24. Sheldon and Amy take a mathematical approach to their wedding. (S11)
9.00 **Dr Pimple Popper: Breaking Out** Dr Lee meets Stephanie, who has a giant baseball-sized scalp bump. **10.00** John would love to date but is embarrassed about a bump on his cheek. **11.00** Helping Allie, whose polyamorous lifestyle is ruined by a bump above her eye.
12.00 M'T **Dr Pimple Popper**
2.00 AM **Young Sheldon**
3.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Mr Bean** (S1)
9.00 **Friends** (S4&5)
7.00 PM **Friends** 12/24. Chandler's behaviour starts to annoy Monica. **7.30** 13/24. Phoebe meets her biological father for the first time. **8.00** 14/24. Monica and Chandler's relationship finally becomes public knowledge. **8.30** 15/24. Ross makes a bad impression on his new neighbours. (S5)
9.00 **Lee Evans Live at Wembley** A stand-up performance at Wembley Arena.
11.00 **8 Out of 10 Cats Uncut**
11.50 **8 Out of 10 Cats**
12.40 AM **Stupid Central**
1.40 **Police Squad!**
2.40 **Jack Whitehall Live**
3.40 **The Pep Talk**
3.45 **Utopia** 8/8. (S5)
4.15 **to 5.00** AM **Mr Bean**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S1)
6.50 **Rosie Jones Tries to Help** With Ed Gamble.
7.00 **Teleshopping**
9.00 **Michael McIntyre's Big Show** As 8.00pm.
10.00 **Most Ridiculous**
12.00 NOON **Stupid Central**
3.00 PM **The Upper Hand**
8.00 **Michael McIntyre's Big Show** Ellie Goulding hands Michael her phone for Send To All, and tenor Andrea Bocelli performs.
9.00 **Friends** 10/24. Ross turns to Joey for advice on being unemployed. **9.30** 11/24. The pals announce New Year's resolutions. (S5)
10.00 **Friends** (S5)
3.45 AM **Michael McIntyre's Big Show** As 8.00pm.
4.30 **Iain Stirling's Roast the Internet**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **That's 60s: Best Music Live!**
8.05 **On the Buses** (S1)
10.10 **Whatever Happened to the Likely Lads?** (S1)
12.40 PM **You Rang, M'Lord?**
4.50 **Man About the House**
7.20 **Whatever Happened to the Likely Lads?** 7/13. Bob and Terry seek sanctuary. (S1)
7.55 **Minder** 1/10. (S10)
9.00 **Benidorm** 1/7. The Garveys' holiday starts to go wrong. (S6)
9.55 **Shameless** 1/16. (S5)
11.00 **Man About the House**
11.30 **Mind Your Language**
12.00 M'T **Benidorm** 1/7. (S6)
1.00 AM **Minder** 10/13. (S3)
2.00 **Duty Free** 3/7. (S2)
2.25 **Man About the House**
2.45 **The Kenny Everett Video Show** (S1)
3.15 **That's 60s: Best Music Live!**
4.00 **to 5.00** AM **Nearest and Dearest**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Dallas Cowboys Cheerleaders**
10.00 **Catfish: The TV Show**
1.00 PM **Judge Judy** Real-life small-claims cases.
6.00 **Beauty and the Geek Australia** The competitors face off in a TikTok challenge and a shock elimination sees a favourite pair go home. **7.00** The remaining geeks get a makeover with amazing results.
9.00 **Skin A&E** Dr Adil Sheraz treats a bus driver with over 100 lipomas, and Dr Toby Nelson tries to help a 23-year-old who's covered in keloids.
10.00 **Help I Sexted My Boss**
12.00 M'T **Dating Naked**
2.00 AM **Ghosted: Love Gone Missing**
2.45 **All Star Shore**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
9.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Alaskan Bush People** Six editions, including at: **3.00** PM Noah risks losing a property when he volunteers to help a family in need. **4.00** The Brown siblings battle boat issues while racing to meet a deadline. **5.00** The Browns must navigate the treacherous Wrangell Narrows.
6.00 **Deadliest Catch** A new generation lays claim to an industry Sig Hansen pioneered.

9.00 Dr Jeff

7.00 **The Woodland Workshop** Chainsaw artist Ella carves a Tibetan dragon-themed chair out of a trunk of redwood.
8.00 **Maine Cabin Masters** Builder Chase Morrill and the team transform a one-room shack into a couple's relaxing retreat.
9.00 **Naked and Afraid: Global Showdown** The first elimination puts a legend on the chopping block, while a primitive bow challenge pushes bushcraft skills and partnerships to their breaking point.
11.00 **Expedition Files** Investigating a mermaid-like creature and an alien abduction.
12.00 M'T **Mystery at Blind Frog Ranch** The team descend into the Mormon mine entrance.
1.00 AM **How the Universe Works**
3.00 **to 5.00** AM **American Chopper**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Jackson Galaxy deals with a violent cat. **4.00** Jackson encounters a tantrum-prone feline.
5.00 **Treehouse Masters** Pete Nelson builds a treehouse inspired by Thomas Jefferson.
6.00 **Saved by the Barn** The pigs are ready to move into their spacious new home.

7.00 How Do Animals Do That?

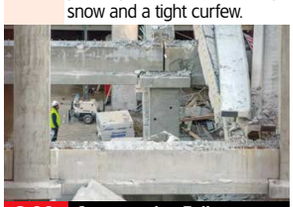
7.00 **How Do Animals Do That?** How cats can detect an earthquake. **7.30** A look at why elephants have trunks.
8.00 **Extinct or Alive** Biologist Forrest Galante teams up with an expert in Newfoundland in search of the white wolf.
9.00 **Alaskan Bush People: Book of Bird** An interview with Bird, the Brown brothers' sharp-shooting sister.
10.00 **Tanked** Donut Mania is Brett's newest business venture and they are planning a grand opening.
11.00 **Alaska: The Last Frontier** Atz Lee and Jane rush to the aid of a neighbour who has lost access to fresh water.
12.00 M'T **Project Grizzly**
2.00 AM **The Haunted** A couple hear ghostly threats.
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Inside Melbourne Airport**
12.00 NOON **Disaster Autopsy**
1.00 PM **Europe from Above**
3.00 **Construction Fails** A highway bridge collapse sparks a probe into hidden structural flaws. **4.00** A shocking engineering failure in Thailand.
5.00 **Air Crash Investigation** Investigating the 2001 Linate airport disaster in Milan. **6.00** In Aspen, a chartered private jet must land in heavy snow and a tight curfew.



3.00 Construction Fails

7.00 **Seconds from Disaster** The story behind the sinking of the HMS *Coventry* during the Falklands War in 1982.
8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend take on a 1984 Opel Manta GTE owned by a former amateur rally driver.
9.00 **Car S.O.S** Tim and Fuzz help a dyed-in-the-wool petrolhead, who faced difficulties while restoring a 1995 Nissan Skyline GTR.
10.00 **Mega Marine Machines** Crews at the most critical link in America's industrial chain battle ice, time and brutal conditions.
11.00 **Engineering Europe** The engineering wonders of Europe's northernmost region.
12.00 M'T **Ultimate Airport Dubai** Cargo and construction materials go missing. **1.00** AM Mel responds to an emergency call that turns into the worst case scenario.
2.00 **to 5.00** AM **Air Crash Investigation**

Sky History

123/124 115/116 131 353 368

6.00 AM **Hardcore Pawn**
9.00 **Forged in Fire**
10.00 **History's Greatest Warriors**
11.00 **Greatest Escapes of WWII**
2.00 PM **Storage Wars** Ivy finds a couple of coffins. **3.00** Lisa is frustrated as her lockers keep getting taken. **4.00** Some valuable items could change Dave's fortunes.
5.00 **Gold Wars Downunder** Donnie and Leigh come face to face in an explosive showdown. **6.00** All three mining teams race to hit their gold targets.

5.00 Gold Wars Downunder

7.00 **Britain's Most Historic Towns** Alice Roberts explores the Norman period of British history in Winchester, Hampshire.
8.00 **Britain's Most Historic Towns** Alice Roberts tells the story of Tudor England by studying the history of Norwich.
9.00 **Clash of the Gods** Exploring the legend of Odysseus, the Greek king of Ithaca and Homer's hero from *The Odyssey*.
10.00 **Clash of the Gods** Examining remains that date back thousands of years, and may be a direct link to *The Odyssey*.
11.00 **Secrets Declassified with David Duchovny** A look at how behind official policy often stands unofficial actors.
12.00 M'T **Storage Wars** The buyers head to Moreno Valley, where an old friend surprises them.
1.00 AM **Storage Wars** Double bill.
3.00 **Gold Wars Downunder**
5.00 **to 6.00** AM **History's Greatest Warriors**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Michael Douglas**
7.00 **Discovering: Roy Scheider**
8.00 **The Directors**
9.50 **Paul Simon: In Restless Dreams** 1&2/2. The career of the singer-songwriter.
2.00 PM **Lancaster** The story of the bomber synonymous with the Dambusters.
4.00 **Spitfire** The story of British single-seat fighter plane the Supermarine Spitfire.
6.00 **I Am Burt Reynolds** A tribute to the iconic Hollywood actor.

6.00 I Am Burt Reynolds

7.50 **Katie Price: Nothing to Hide** 2/4. As she becomes a mother to Harvey, a secret romance and relentless public scrutiny make Katie public enemy number one, before *I'm a Celebrity... Get Me Out of Here!* changes everything.
9.00 **Going Clear: Scientology and the Prison of Belief** Documentary exploring the history of the controversial religious movement, and profiling eight former members, who offer their perspective on the Church's actions past and present.
11.20 **I Am Steve McQueen** A look back at the life and career of the American actor.
12.50 AM **Dublin Narcos**
3.50 **My Icon: Chris Hughton**
4.00 **to 6.00** AM **Busby** A profile of former Manchester United manager Matt Busby.

7 PM
8 PM
9 PM
10 PM

Saturday

Quest

140/141 149 128/137 17 145 18

6.00 AM **Massive Engineering Mistakes**
8.00 **Wheeler Dealers**
3.00 PM **Shed and Buried: Classic Cars**
5.00 **Shed and Buried**
9.00 **The Repair Shop** The team restore a scientist's meticulous notebook, an unfinished wooden model of a ship, and a treasured silver locket. **10.00** The team restore a Royal Australian Air Force hat, a wooden toy giraffe that is on its last legs, and a Silver Jubilee cup from the 1930s.
11.00 **In the Eye of the Storm** Double bill.
1.00 AM **Mysteries of the Deep** The loss of a NASA space capsule deep in the Atlantic.
2.00 AM **NASA's Unexplained Files**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Forensic Detectives**
11.00 **Faking It: Tears of a Crime** Jamie Lavis.
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **The Real Death in Paradise** Triple bill.
6.00 **The Big Swindle**
9.00 **Deadly Influence: The Social Media Murders** New edition A self-made millionaire and fierce businesswoman has a harsh lesson to learn.
10.00 **On the Case with Paula Zahn** New edition Police officers race to find a young girl who mysteriously vanished on her way to school.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **UK Crime Files: The Silent Assassin** Exploring the case of a waiter who was shot dead in a restaurant.
8.00 **UK Crime Files: Body in the Bag** How Cardiff killer Malcolm Green murdered twice.
9.00 **UK Crime Files: The Hotelier and the Hitman** Examining the case of Bournemouth hotelier Peter Taylor.
10.00 **UK Crime Files: Facebook Killer**
11.00 **UK Crime Files: Brighton Trunk Murders**
12.00 M'T **UK Crime Files: Railway Murders**
1.00 AM **Donal MacIntyre's Killer Evidence**
2.00 **Bloodline Detectives**
3.00 **Murder Book**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **Secrets of a Murder Detective**
3.00 PM **UK Crime Files: Wicked Beyond Belief** The murder of 84-year-old Betty Guy.
4.00 **UK Crime Files: Confession of Murder** The case of Katie Rackliff, who was murdered by Sharon Carr in Farnborough.
5.00 **UK Crime Files: The Road Rage Killer** The case of Tracie Andrews, who claimed her boyfriend was killed by a stranger.
6.00 **UK Crime Files: Murderous Bigamist** The case of Pierre LeGris, who reported his wife missing in Dorset.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Stop, Search, Seize**
7.00 **UK Border Force**
8.00 **Road Wars**
9.00 **Caught on Dashcam**
10.00 **Caught Red Handed**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **The Suzy Lamplugh Mystery**
3.00 **Britain's Most Evil Killers**
4.00 **The Real Manhunter**
5.00 **Killing Mum and Dad**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Terror on Long Island**
12.00 M'T **World's Most Evil Killers** Documentary.
1.00 AM **How I Caught the Killer** Gordon Wardell.
2.00 **Britain's Most Evil Killers**
3.00 **The Real Manhunter**
4.00 **Brit Cops: Rapid Response** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
9.00 **Treasures Decoded**
1.00 PM **Lost Cities of Rome**
2.30 **The War** Five editions of the series, including at: **5.50** The plan to end the war in Europe. **6.50** General MacArthur's campaign to liberate the Philippines.
8.00 **Treasures Decoded** The story of Cahokia, a once thriving North American metropolis. **9.00** An ancient manuscript found in a cave above the Dead Sea in 1952. **10.00** Investigators search for a lost city in ancient Egypt. **11.00** Exploring the possibility of a further hidden chamber in Tutankhamun's tomb.
12.00 M'T **Lost Cities of Rome**
1.05 **to 2.00** AM **Weathered: Earth's Extremes**

SATURDAY

Saturday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **The Wild Wild East**
8.00 **Living Beach** Double bill.
10.00 **A Bee's Diary**
11.00 **Aussie Snake Wranglers: Deadly Pursuit**
12.00 NOON **Superbeast**
1.00 PM **Wild Science**
2.00 **A Cheetah's Pride**
5.00 **David Attenborough's Global Adventure** Triple bill.
8.00 **Wild Dogs: Pack vs Pride** The Kakumbi make a kill before a happy Manzi reunion. **8.30** The Kakumbi pups face off with a warthog.
9.00 **Planet Shark** Exploring the underwater world of sharks.
10.00 **Pride Rules** A look at lion prides and their politics. **11.00** Exploring the challenges of the rainy season.
12.00 M'T **Wild Dogs: Pack vs Pride**
1.00 AM **Planet Shark** As 9.00pm.
2.00 NEW **Slovenia: Where Nature Comes First** Documentary.
3.00 **Wild Castles**
4.00 **Great Lakes Wild**
5.00 **to 6.00** AM **Mysteries of Evolution**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Crimes That Shook Britain**
11.00 **Commando Missions**
1.00 PM **How to Lose a War**
2.00 **Ancient Aliens**
4.00 **Kevin Costner's The West**
6.00 **How Disney Built America**
7.00 **Discovered by Disaster** Unexpected things revealed by catastrophic disasters.
8.00 **Hazardous History with Henry Winkler** A look at shockingly dangerous activities and products from the past.
9.00 **Colosseum** Haterius is tasked with constructing a labyrinth.
10.00 **Forbidden History** Experts investigate the Codex Gigas.
11.00 **Ancient Aliens** Tales of beings with super-human powers. **12.00** M'T Inventor Nikola Tesla's claims of contact with extraterrestrials.
1.00 AM **The Sound and the Fury**
2.00 **World War II: Witness to War**
3.00 **Combat Ships**
4.00 **Crimes That Shook Britain**
5.00 **to 6.00** AM **Mysteries from Above**

Discovery Science

167 148 179

8.00 AM **The Dino Hunters**
10.00 **How It's Made**
12.00 NOON **How It's Made: Dream Cars** Four editions.
2.00 PM **Alien Highway**
4.00 **NASA's Unexplained Files**
6.00 **How It's Made** The manufacture of storage sheds. **6.30** The creation of precast concrete walls and 3D printers. **7.00** The development of car headlamps and combs. **7.30** The making of handcrafted skis, septic tanks and hydroformed chassis pants.
8.00 **Alien Highway** A recent UFO sighting in Phoenix leads Chuck and the team to Arizona. **9.00** The team investigate the story of an alien that had reportedly escaped from Area 51.
10.00 **The Alaska Triangle**
12.00 M'T **Expedition Bigfoot**
2.00 AM **Unexplained and Unexplored** Double bill.
4.00 **to 6.00** AM **How It's Made: Dream Cars**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam**
3.40 PM **My Strange Arrest**
5.00 **Snapped Behind Bars**
6.00 **Murdered by Morning** A person goes missing after a night out with good friends.
7.00 **Buried in the Backyard** A young mother missing in Texas.
8.00 **Staged: Deadly Deception** Exploring shocking cases where crime scenes were staged to conceal the truth.
9.00 **Murder in the 21st** Police discover a shocking secret while investigating a suicide.
10.00 **Houses of Horror: Secrets of College Life** A student forced to consume a lethal quantity of alcohol falls down the stairs.
11.00 **Sleeping with Death**
12.00 M'T **Predator Hunters**
1.00 AM **Interrogation Raw**
2.00 **I Met My Murderer Online**
3.00 **to 6.00** AM **On the Case with Paula Zahn**

+1hour 256 333

WILD

165 145 182

8.00 AM **Animal Fight Club**
9.00 **Critter Fixers: Country Vets**
10.00 **Secrets of the Zoo**
11.00 **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Croatia's Coast**
3.00 **Ice Road Rescue**
5.00 **To Catch a Smuggler**
7.00 **Heartland Docs** The Schroeders treat a llama's infected toe with old and new school techniques.
8.00 **Savage Kingdom** A hyena pack prepares to attack lions. **9.00** Three lionesses face the end of their pride.
10.00 **Antarctica** Scientists explore the continent's underwater ecosystem and perform biopsies on whales to discover how marine life has been affected by climate change.
11.00 **When Sharks Attack 360** Analysing a flurry of shark bites off the coast of Long Island.
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **When Sharks Attack**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

161/172 147 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Nick is faced with his most unusual project yet. **4.00** An unusual 90-year old oil lamp and a glamourous steam trunk are revived. **5.00** A carousel horse dating from before World War One.
6.00 **How the Universe Works** Experts explore how close the Earth has come to destruction. **7.00** Astonishing discoveries of the *Voyager* spacecraft. **8.00** Some of the brightest minds on the planet explore the limits of human knowledge.
9.00 **Massive Engineering Mistakes** In Canada, a tragedy strikes a busy shopping centre. **10.00** An oil refinery explodes. **11.00** In New Orleans, a hotel under construction collapses.
12.00 M'T **Blowing Up History: Seven Wonders**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering** The desert town that faced a disaster of biblical proportions. **2.00** The underground base with the power to destroy a nation. **3.00** Prison cells with a story worthy of international acclaim. **4.00** A sprawling industrial relic at the edge of a waterfall.
5.05 **Some Mothers Do 'Ave 'Em** Frank finds his carpentry skills leave a lot to be desired. **5.50** Frank joins a Scottish dancing class, and is recruited to replace an injured fellow member in a public display. **6.35** Frank awaits the arrival of his grandfather from Australia. **7.20** Frank takes a job as a motorcycle dispatch rider. **8.10** Frank goes to Australia House to discuss his emigration, but his lack of qualifications does not impress the official.
8.55 **Some Mothers Do 'Ave 'Em**
4.20 **to 6.00** AM **Abandoned Engineering**

+1hour 266 376

ID

154 140 166

8.00 AM **Murder Comes to Town**
12.00 NOON **Crime Scene Confidential** Triple bill.
3.00 PM **Raw Terror**
4.00 **American Monster** A look into the death of Ben Renick. **5.00** Investigating the murders of Ron and Kay Wilkson. **6.00** A 40-year-old mother goes down a very dark path paved with jealousy and rage. **7.00** On the surface, police officer Albert Pacheco and his wife Cathy live a charmed life, but this seemingly perfect household is hiding something.
8.00 **Murder Comes to Town** The murder of self-made millionaire Buddy Parker's 26-year-old daughter Tara Swilley.
9.00 **Love, Honor, Betray** An accusation tears a seemingly perfect marriage apart.
10.00 **Seduced to Slay**
11.00 **Who the (Bleep) Did I Marry?**
12.00 M'T **Fatal Destination**
2.00 AM **Evil Online** Double bill.
4.00 **to 6.00** AM **Betrayed**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **Vintage Voltage**
10.00 **Extreme RVs**
11.00 **Extreme Car Hoarders**
12.00 NOON **Hand Built Hot Rods**
4.00 PM **G.A.S. Extreme Customs**
5.00 **Goblin Works Garage** Triple bill of editions, including at: **7.00** The team spot potential in a 1980s MG sports car with an ugly rubber bumper.
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz head up to Yorkshire, hoping to revisit 'the one that got away'. **9.00** The boys visit Fuzz Townsend's friend Alex and his Rover collection.
10.00 **Richard Hammond's Big** Richard ventures into the world's longest underground railway connection. **11.00** Richard visits the huge Tottenham Hotspur Football Stadium, where he explores a pitch that splits and rolls away. **12.00** M'T Richard visits the Burj Khalifa in Dubai.
1.00 **to 4.00** AM **Vintage Voltage**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
7.40 **Wicked: For Good** (2025)
10.05 **Anaconda** As 8.00pm.
11.50 PREMIERE **In Cold Light**
1.30 PM **Bugonia** Comedy thriller. (2025, 15, 118min) ★★★★
3.35 **Wicked: For Good** Fantasy sequel starring Cynthia Erivo. (2025, PG, 137min) ★★★
6.00 **Civil War** Action thriller. (2023, 15, 109min) ★★★★

10.15 In Cold Light

8.00 **Anaconda** Action comedy starring Jack Black and Paul Rudd. Two friends encounter a terrifying creature while remaking their favourite movie. With Thandiwe Newton. (2025, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **The Odyssey: The Making of an Epic** A preview of Christopher Nolan's film.
10.15 PREMIERE **In Cold Light** Thriller with Maika Monroe. A woman witnesses the murder of her twin and is forced to run for her life. (2025, 15, 96min) ★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●
11.55 **Redux Redux** Fantasy thriller starring Michaela McManus. (2025, 15, 109min) ★★★★
1.50 AM **Anemone** Drama. (2025, 15, 125min) ★★★
4.00 **LifeHack** Thriller with Georgie Farmer. (2025, 15, 97min)
5.45 **to 6.00** AM **The Cinema List: Trapped**

Sky Cinema Directors

303 303 403 503 517

6.10 AM **The Room Next Door** Drama. (2024, 12) ★★★★
8.05 **Juror #2** (2024, 12) ★★★★
10.00 **Get Out** Psychological thriller. (2017, 15, 104min) ★★★★★
11.55 **The Running Man** Thriller. (2025, 15, 133min) ★★★
2.10 PM **The Lord of the Rings: Return of the King** Fantasy. (2003, 12, 201min) ★★★★★
5.30 **The Making of The Odyssey**
6.00 **Dunkirk** Wartime drama. (2017, 12, 106min) ★★★★★

8.00 Inception

8.00 **Inception** Christopher Nolan's sci-fi thriller starring Leonardo DiCaprio. A corporate spy assembles a team to infiltrate the dreams of a billionaire, but his own guilty dreams of his dead wife threaten to sabotage the mission. With Tom Hardy and Joseph Gordon-Levitt. (2010, 12, 148min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.30 **Interstellar** Sci-fi drama starring Matthew McConaughey and Anne Hathaway. A spacecraft goes in search of a new home for the human race. With Michael Caine. (2014, 12, 166min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
1.20 AM **One Battle After Another** Action thriller. (2025, 15, 161min) ★★★★★
4.05 **to 6.10** AM **No Country for Old Men** Dark crime thriller. (2007, 15, 122min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.15 AM **The Breakfast Club** Comedy drama. (1984, 15, 97min) ★★★★
9.05 **Molly's Game** Fact-based drama. (2017, 15, 137min) ★★★★
11.40 **About Time** As 10.10pm.
1.50 PM **Regretting You** Drama. (2025, 12, 116min) ★★★
4.00 **Flashdance** Dance drama. (1983, 15, 96min) ★★★
5.50 **Rocketman** Elton John biopic. (2019, 15, 121min) ★★★★
8.00 **Downton Abbey: The Grand Finale** Drama starring Hugh Bonneville. In the summer of 1930, the Crawleys grapple with the threat of social disgrace when Mary finds herself at the centre of a public scandal. (2025, PG, 123min) ★★★★
10.10 **About Time** Romantic comedy fantasy starring Domhnall Gleeson and Rachel McAdams. A young man inherits the ability to time-travel into his past. (2013, 12, 120min) ★★★
12.25 AM **The Blind Side** Fact-based drama starring Sandra Bullock. (2009, 12, 129min) ★★★
2.40 **Anora** Romantic comedy drama starring Mikey Madison. (2024, 18, 139min) ★★★★★
5.10 **to 7.20** AM **The Friend** Drama. (2024, 15, 123min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.10 AM **Timestalker** As 5.10am.
8.45 **Companion** Sci-fi horror. (2024, 15, 97min) ★★★★
10.30 **We Bury the Dead** Horror. (2024, 15, 94min) ★★★★
12.20 PM **Gravity** As 3.30am.
1.55 **Arrival** Sci-fi drama. (2016, 12, 116min) ★★★★★
4.05 **They Will Kill You** Horror comedy starring Zazie Beetz. (2025, 15, 94min) ★★★
5.50 **Constantine** Horror thriller. (2005, 15, 121min) ★★★
8.00 **Final Destination: Bloodlines** Horror starring Kaitlyn Santa Juana. Plagued by a nightmare, a student returns home to save her family from a horrific fate. (2025, 15, 110min) ★★★★
10.05 **Annabelle** Horror spin-off with Annabelle Wallis. A couple are attacked by members of a satanic cult, who transform a vintage doll into a monster. (2014, 15, 97min) ★★
11.55 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
1.50 AM **Johnny Mnemonic** Thriller. (1995, 15, 98min) ★★
3.30 **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
5.10 **to 6.50** AM **Timestalker** Fantasy. (2024, 15, 89min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.15 AM **Buffalo Kids** (2024) ★★★
7.40 **Wicked** As 4.00pm.
10.20 **Wicked: For Good** (2025)
12.45 PM **Grand Prix of Europe** Animation. (2025, U, 98min)
2.25 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
4.00 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
6.45 **Wicked: For Good** Fantasy sequel starring Cynthia Erivo. (2025, PG, 137min) ★★★

9.10 E.T. The Extra Terrestrial

Wicked: For Good (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 E.T. The Extra Terrestrial Steven Spielberg's sci-fi fantasy starring Henry Thomas and Drew Barrymore. A young LA boy befriends an alien who has been left behind by his spaceship. With Dee Wallace. (1982, U, 114min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Happy Feet** Animated musical comedy adventure with the voice of Elijah Wood. (2006, U, 108min) ★★★★
1.00 AM **Happy Feet Two** Animated musical sequel. (2011, U, 100min) ★★★
2.45 **MouseHunt** Slapstick comedy. (1997, PG, 98min) ★★★★
4.25 **to 6.00** AM **Cloudy with a Chance of Meatballs** Animated comedy adventure. (2009, U, 90min) ★★★★

Sky Cinema Action

306 306 407 507 521

6.35 AM **Blood for Dust** Thriller. (2023, 15, 98min) ★★★
8.25 **Olympus Has Fallen** Action thriller. (2011, 15, 119min) ★★★
10.35 **Bad Boys II** Action comedy. (2003, 15, 147min) ★★★
1.05 PM **Gladiator II** Drama. (2024, 15, 148min) ★★★
3.35 **Batman** Fantasy adventure. (1989, 15, 121min) ★★★★
5.50 **Batman Returns** Fantasy adventure with Michael Keaton. (1992, 12, 121min) ★★★★

1.05 Gladiator 2

8.00 Batman Forever Comic-book adventure starring Val Kilmer, Tommy Lee Jones and Jim Carrey. Black-cloaked vigilante Batman and his new partner Robin tackle psychotic criminals Two-Face and The Riddler. (1995, 12, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

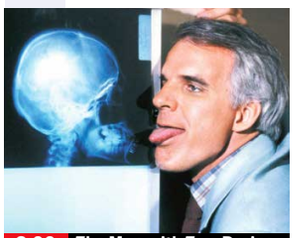
10.05 Batman & Robin Fantasy starring George Clooney. Batman and Robin, aided by new ally Batgirl, take on fearsome villains Mr Freeze and Poison Ivy. (1997, PG, 125min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Italian Job** Crime caper starring Michael Caine. (1969, PG, 100min) ★★★★★
2.00 **Long Gone Heroes** Thriller. (2024, 15, 101min) ★★★
3.45 **Green Lantern** Adventure. (2011, 12, 114min) ★★
5.40 **to 7.25** AM **Streetfighter** Martial arts action drama. (1994, 12, 102min) ★★

Sky Cinema Comedy

308 308 408 508 522

6.15 AM **The 'burbs** As 4.45am.
8.00 **Seven Psychopaths** Comedy thriller. (2012, 15) ★★★★
9.55 **Bridget Jones: Mad About the Boy** Romantic comedy. (2024, 15, 125min) ★★★★
12.00 NOON **Anaconda** Comedy. (2025, 12, 99min) ★★★
1.45 PM **The Naked Gun** (1988)
3.15 **The Naked Gun 2½: The...**
4.45 **The Naked Gun 33⅓: The...**
6.10 **Beetlejuice Beetlejuice** Horror comedy. (2024, 12) ★★★★



8.00 The Man with Two Brains

8.00 The Man with Two Brains Comedy starring Steve Martin. An unhappily married brain surgeon falls in love with a disembodied brain in a glass jar. (1983, 15, 93min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

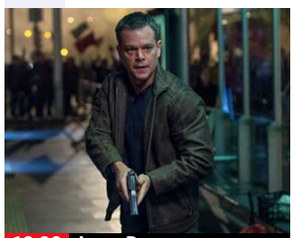
9.35 Notting Hill Romantic comedy starring Julia Roberts and Hugh Grant. A divorced Notting Hill bookshop owner hesitantly woos a Hollywood star. With Rhys Ifans. (1999, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★
1.15 AM **The Naked Gun 2½: The Smell of Fear** Spoof sequel. (1991, 15, 81min) ★★★
2.45 **The Naked Gun 33⅓: The Final Insult** Spoof sequel. (1994, 12, 83min) ★★★
4.15 **The Cinema List: Remakes**
4.45 **to 6.30** AM **The 'burbs** Comedy starring Tom Hanks. (1989, PG, 103min) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.40 AM **Lethal Weapon** Thriller. (1987, 15, 110min) ★★★★
9.45 **Lethal Weapon 2** Thriller. (1989, 15, 110min) ★★★★
11.50 **Now You See Me** Thriller. (2013, 12, 115min) ★★★
1.50 PM **Now You See Me 2** Crime thriller sequel. (2016, 12, 124min) ★★★
4.05 **The Girl on the Train** Thriller. (2016, 15, 107min) ★★★★
6.00 **Ocean's Eleven** Caper thriller. (2001, 12, 116min) ★★★★



10.00 Jason Bourne

8.00 Lethal Weapon 3 Action comedy thriller sequel starring Mel Gibson and Danny Glover. The mismatched LA cop partners pursue a violent gunrunner. With Rene Russo and Joe Pesci. (1992, 15, 118min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

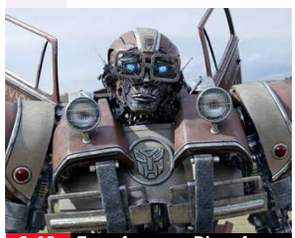
10.00 Jason Bourne Action thriller sequel starring Matt Damon. Former government operative Jason Bourne is drawn out of hiding to uncover more truths about his father. With Tommy Lee Jones. (2016, 12, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Captain Phillips** Thriller starring Tom Hanks. (2013, 12, 129min) ★★★★★
2.30 **King Ivory** Crime thriller. (2024, 15, 130min) ★★★
4.45 **to 6.25** AM **The Last Stop in Yuma County** Crime thriller. (2023, 15, 90min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Wonder Park** Animation. (2019, PG, 85min) ★★★★
12.45 PM **The Art of Racing in the Rain** Comedy drama. (2019, PG, 110min) ★★★
2.55 **Sea Wife** Romantic drama. (1957, PG, 82min) ★★
4.35 **Jason and the Argonauts** Adventure. (1963, U) ★★★★
6.40 **Transformers: Rise of the Beasts** Fantasy prequel. (2022, 12, 127min) ★★★



6.40 Transformers: Rise of...

Transformers: Rise of the Beasts (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Mission: Impossible – Dead Reckoning Action thriller starring Tom Cruise. The IMF team race to acquire two halves of an interlocking 3D key that can regain control of a lethal artificial intelligence. (2023, 12, 163min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Zola** Crime comedy drama starring Taylour Paige. A Detroit waitress strikes up a friendship with a customer, who persuades her to join a weekend of partying in Florida. (2020, 18, 86min) ★★★★
2.00 **to 4.00** AM **Trance** Danny Boyle's psychological thriller starring James McAvoy. (2013, 15, 101min) ★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2026 Recap

302 302 402 502 516

6.00 AM **Super Charlie** Animation. (2025, PG, 82min) ★★★
7.35 **Flavia** Family adventure. (2026, PG, 100min) ★★★
9.15 **Tafiti: Across the Desert** Animated family adventure. (2025, PG, 81min) ★★★
10.45 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
12.20 PM **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★

2.00 **Carolina Caroline** Crime thriller. (2025, 15, 105min) ★★★★
3.50 **Superman** Fantasy adventure. (2025, 12, 129min) ★★★★
6.05 **Caught Stealing** Comedy thriller starring Austin Butler. (2025, 15, 107min) ★★★★
8.00 **Jurassic World: Rebirth** Fantasy adventure with Scarlett Johansson and Mahershala Ali. (2025, 12, 133min) ★★★
10.20 **The Toxic Avenger** Horror comedy starring Peter Dinklage. (2023, 18, 102min) ★★★

12.10 AM **Black Phone 2** Horror. (2025, 18, 114min) ★★★★
2.10 **Man Finds Tape** Horror thriller. (2025, 15, 84min) ★★★★
3.40 **Xeno** Fantasy. (2025, 15) ★★★
5.30 **to 7.15** AM **The Ballad of Wallis Island** Comedy drama. (2025, 12, 100min) ★★★★

Sky Cinema Greats

307 307 404 504 518

6.20 AM **The Last Starfighter** (1984)
8.15 **Anaconda** As 4.45am.
9.55 **Godzilla** Monster movie remake. (1998, PG, 139min) ★★★
12.15 PM **Jurassic Park** Steven Spielberg's monster thriller. (1993, PG, 127min) ★★★★★
2.25 **The Lost World: Jurassic Park** Steven Spielberg's adventure sequel starring Jeff Goldblum. (1997, PG, 129min) ★★★

4.35 **The Last Starfighter** Sci-fi adventure with Robert Preston. (1984, PG, 100min) ★★★
6.20 **The Lost Boys** Vampire tale. (1987, 15, 98min) ★★★★
8.00 **Men in Black** Sci-fi action comedy starring Tommy Lee Jones and Will Smith. (1997, PG, 94min) ★★★★
9.40 **The Shining** Director Stanley Kubrick's chilling adaptation of the Stephen King bestseller, starring Jack Nicholson. (1980, 15, 119min) ★★★★★

12.05 AM **The Exorcist** Occult horror chiller starring Max von Sydow. (1973, 18, 121min) ★★★★★
2.15 **The Lawnmower Man** Sci-fi thriller. (1992, 15, 105min) ★★★
4.45 **to 6.30** AM **Anaconda** Jungle adventure starring Ice Cube. (1997, 15, 89min) ★★★

Disney+ Cinema

305 305

6.00 AM **Hannah Montana: The Movie** Musical comedy spin-off. (2009, U, 98min) ★★★
7.50 **Beverly Hills Chihuahua** Comedy. (2008, U, 91min) ★★
9.25 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
11.05 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★

1.30 PM **Finding Nemo** Animation. (2003, U, 104min) ★★★★★
3.15 **Mary Poppins Returns** Musical. (2018, U, 130min) ★★★★
5.25 **Percy Jackson: Sea of Monsters** Adventure sequel. (2013, PG, 102min) ★★★
7.15 **The Sorcerer's Apprentice** Fantasy. (2010, PG) ★★★★
9.00 **Cool Runnings** Sports comedy. (1993, PG, 99min) ★★★
10.40 **Dodgeball: A True Underdog Story** Sports comedy. (2004, 12, 92min) ★★★★

12.15 AM **28 Weeks Later** Horror sequel starring Robert Carlyle. (2007, 18, 99min) ★★★★
2.00 **The East** Political thriller. (2013, 15, 111min) ★★★★
4.00 **to 6.00** AM **Mufasa: The Lion King** Live-action prequel. (2024, PG, 118min) ★★★

Movies 24

312 313 419

7.00 AM **Christmas on Call** Festive drama. (2024, PG, 90min) ★★
9.00 **Christmas Under the Lights** Drama. (2024, PG, 89min) ★★
11.00 **Holiday Touchdown: A Chiefs Love Story** Festive drama. (2024, PG, 90min) ★★
1.00 PM **Christmas with the Singhs** Comedy. (2024, PG, 84min) ★★
3.00 **The Snow Must Go On** Festive drama. (2025, PG, 90min) ★★

5.00 **A Grand Ole Opry Christmas** Drama. (2025, PG, 90min) ★★
7.00 **Three Wiser Men and a Boy** Comedy starring Paul Campbell. Three brothers help out with a school musical after the director quits, and also have to deal with their mother's new boyfriend. (2024, PG, 84min) ★★
9.00 **Christmas Above the Clouds** Festive drama starring Erin Krakow. (2025, PG, 90min) ★★
11.00 **To All a Good Night** Romantic drama. (2023, PG, 90min) ★★

1.00 AM **A Newport Christmas** Drama starring Ginna Claire Mason. (2025, PG, 89min) ★★
3.00 **to 5.00** AM **Deck the Halls on Cherry Lane** Festive drama. (2024, PG, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Turners of Prospect Road**
7.15 **Does it Worry You?**
7.20 **Runaround** Game show.
7.50 **Legend of the Hidden City**
8.25 **The Adventures of William Tell**
8.55 **The Tufty Club: Match Safety**
9.00 **Batman** 18/26. (S3)
9.30 **Hawkeye & the Last of the Mohicans** 12/39. (S1)
10.00 **Captain Scarlet and the Mysterons** 21/32. (S1)

10.30 **Supercar** 1/26. (S1)
11.00 **The Buccaneers** 32/39. (S1)
11.30 **The Adventures of Robin Hood**
12.00 NOON **Sherlock Holmes and the Secret Weapon** (1942) ★★
1.20 PM **The Silent Enemy** (1958)
3.35 **Brats** Comedy short.
4.00 **Whiplash** 26/34. (S1)
4.35 **The Iron Petticoat** (1956) ★★★
6.25 **Dick Turpin** 7/13. (S1)
7.00 **Maigret** 4/13. (S1)
8.00 **The Duchess of Duke Street**
9.05 **Payday** Drama. (1972, 18) ★★★
11.10 **Eurotrash**

11.45 **Fortean TV**
12.20 AM **One Step Beyond** (S1)
12.55 **Fritz the Cat** (1972, 18) ★★★
2.35 **The Veil** 11/12. (S1)
3.05 **Mickey One** (1965, PG) ★★
4.55 **Cinebox Memories**
5.00 **The Adventures of Sir Lancelot**
5.30 **to 6.00** AM **Honey West**

SATURDAY Sport

Sky Sports Main Event

401 401 501 419 439

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
9.00 **Saturday at The Open**
11.00 **LIVE Vitality T20 Blast Cricket** Coverage from the first semi-final on Finals Day staged at Edgbaston, Birmingham.
2.15 PM **LIVE Formula 1** Coverage of the Belgian Grand Prix qualifying session ahead of the 10th round of the season at Circuit de Spa-Francorchamps.
4.00 **LIVE The Open** Day three of the fourth Major of the year staged at Royal Birkdale Golf Club in Southport. Scottie Scheffler enhanced his chances of winning his second Major of 2025 and the fourth of his career when he further extended his lead over the field to four strokes at this stage in 2025, with Li Haotong moving into second place.
8.30 **LIVE Vitality T20 Blast Cricket** Coverage from the final from Edgbaston, Birmingham.
10.30 **World Cup Report** A round-up of all the day's World Cup news.
2.30 **to 6.00** AM **LIVE Major League Cricket** The final from Oakland Coliseum.

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review** Goals, news and major talking points from around the top flight.
2.00 PM **Netbusters** Action from the 2025/26 season, featuring all of the goals, news and major talking points from around the top flight.
5.00 **Premier League Review** Action from the 21st round of fixtures.
6.00 Highlights from the 22nd round of top-flight matches.
7.00 Action from the 23rd round of top-flight games.
8.00 The 24th round of fixtures.
9.00 **Premier League Review** Action from the 25th round of fixtures.
10.00 Highlights from the 26th round of top-flight matches.
11.00 Action from the 29th round of top-flight matches.
12.00 M'T **Premier League Years** Classic games, infamous blunders and moments of skill from the 2006/07 season, accompanied by all the hit tunes and breaking news of the campaign.
2.00 AM **PL Retro** Arsenal v Tottenham Hotspur from 2010.
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **Championship Retro**
8.30 **EFL Greatest Games**
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2014 final.
11.00 **SPFL Highlights**
11.30 **EFL Greatest Games**
12.00 NOON **EFL Highlights**
2.30 PM **The Story of Frank Soo**
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Goals: EFL Cup 23/24**
5.30 **EFL Trophy Football**
6.00 **EFL** Action from Bradford City v Northampton Town in the 12/13 League Two play-off final.
7.00 Highlights from Brentford v Yeovil Town in the 2012/13 League One play-off final.
8.00 Crystal Palace v Watford in the 2012/13 Championship play-off final held at Wembley.
9.00 **SPFL** Celtic v Rangers.
9.30 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Best Goals: EFL Cup 24/25**
11.30 **EFL Trophy Football**
12.00 M'T **EFL Highlights**
3.00 AM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **International T20 Cricket**
8.30 **One-Day International Cricket**
10.30 **LIVE Vitality T20 Blast Cricket** Coverage from the first semi-final on Finals Day staged at Edgbaston in Birmingham.
2.25 PM **LIVE Vitality T20 Blast Cricket** Coverage from the second semi-final on Finals Day held at Edgbaston, Birmingham.
6.25 **LIVE Vitality T20 Blast Cricket** Coverage from the final staged at Edgbaston, Birmingham. Last year's final was won by Somerset in a high-scoring thriller that saw nearly 400 runs scored across the two innings.
10.30 **Best of ICC WT20**
11.00 **One-Day International Cricket** England v India in the first match of the series held at Edgbaston.
12.00 M'T **One-Day International Cricket** England v India in the second ODI at Sophia Gardens.
1.00 AM **Nepal Climbing Cricket's Mountain** Nepal's mission to become a Test-playing nation.
1.30 **Best of ICC WT20**
2.15 **to 6.00** AM **LIVE Major League Cricket** The final from Oakland Coliseum.

Sky Sports Golf

406 406 506 423 443

6.00 AM **The Open** Highlights.
9.00 **Saturday at The Open**
11.00 **LIVE The Open** Day three at Royal Birkdale Golf Club in Southport, Merseyside.
8.30 PM **The Open** The third day.
9.30 **Justin Rose: Chasing Forever**
10.30 **This is Open Country**
11.30 **Underdogs: The Untold Story of the 138th Open**
12.30 AM **Legends Tour Golf**
1.30 **PGA Tour Champions Learning Centre** Expert golfing advice.
2.00 **to 6.00** AM **The Open**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
10.00 **LIVE ATP Tennis** Coverage of the ATP Swiss Open semi-finals.
12.00 NOON **LIVE WTA & ATP Tennis** Coverage from the Tours, including the ATP Swiss Open, ATP Croatia Open and WTA Iasi Open.
6.00 PM **LIVE ATP Tennis** The ATP Croatia Open final from Umag.
8.00 **LIVE WTA Tennis** The WTA Athens Open semi-finals from Athens Olympic Tennis Centre.
9.30 **ATP Tour This Week**
10.00 **ATP Tennis** ATP Croatia Open.
12.00 M'T **Best of the US Open 2025**
2.00 AM **ATP & WTA Tour Classics**
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

7.00 AM **LIVE AFL** **North Melbourne Kangaroos v Melbourne Demons.** Coverage of the match from Marvel Stadium in Melbourne. Bounce-up **7.15am**.
10.00 **Tour de France Women**
10.30 **Playing for Our Future**
10.45 **Tour de France Men Highlights**
11.45 **LIVE Tour de France Men** Coverage from the 14th stage of the Grand Tour race, a 155.3km mountain route from Mulhouse to Le Markstein Fellering.
5.00 PM **LIVE NWSL** **Gotham FC v Seattle Reign.** Coverage from Sports Illustrated Stadium. Kick-off **5.00pm**.
7.00 **LIVE MLB** **Chicago Cubs v Minnesota Twins.** The inter-league match at Wrigley Field. Start-time **7.20pm**.
10.00 **MLB Plays of the Week**
10.30 **UFC Greatest Fights**
11.00 **LIVE UFC** The preliminary bouts at Paycom Center, Oklahoma City.
1.00 AM **LIVE UFC** **Dricus Du Plessis v Kamaru Usman.** The middleweight bout at Paycom Center in Oklahoma City.
4.30 **to 6.00** AM **The Club That George Built**

TNT Sports 2

411 414 522 409 431

6.00 AM **Formula E Flashback**
6.30 **World Rally Championship**
7.45 **LIVE World Rally Championship** Rally Estonia.
9.30 **TCR World Tour Review**
10.00 **LIVE World Rally Championship** Rally Estonia.
11.45 **World Superbike Rewind**
12.00 NOON **MotoGP Rewind**
12.15 PM **WRC: More Than Machine**
12.45 **TCR World Tour Review**
1.15 **LIVE World Rally Championship** Rally Estonia.
2.45 **TNT Sports Reload**
3.00 **LIVE World Rally Championship** Rally Estonia.
4.45 **MotoGP Rewind**
5.00 **LIVE World Rally Championship** Rally Estonia.
7.45 **World Superbike Rewind**
8.00 **Tour de France Men Highlights**
9.00 **LIVE MLB** **Philadelphia Phillies v New York Mets.** Start-time **9.05pm**.
12.00 M'T **MLB Highlights**
2.30 AM **IFSC Climbing World Series**
3.30 **British Superbikes**
4.00 **to 7.00** AM **LIVE AFL** **Richmond Tigers v Hawthorn Hawks.** Bounce-up **4.10am**.

Sky Sports Action

412 410 510 426 446

6.00 AM **State of Origin Rugby League** Recent highlights.
8.00 **Women's State of Origin**
8.35 **LIVE NRL** **New Zealand Warriors v St George Illwarra Dragons.** Coverage of the match from Go Media Stadium. Kick-off **8.35am**.
10.35 **LIVE NRL** **Canterbury-Bankstown Bulldogs v Wests Tigers.** Coverage of the match from Accor Stadium. Kick-off **10.35am**.
12.35 PM **Fish-O-Mania**
5.30 **Super League Highlights**
6.00 **NBA on Fire** The latest news.
6.30 **Darts Gold** Archive action.
7.00 **LIVE World Matchplay Darts** Coverage of the first day of the tournament at Winter Gardens in Blackpool. The first round of matches takes place today and this stage last year saw the likes of James Wade, Gary Anderson, Luke Littler and Stephen Bunting all progress to the second round.
11.00 **NFL Highlights**
1.00 AM **Super League Highlights**
2.00 **Super League** A match replay.
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
9.30 **LIVE The Open** The featured groups on day three of the Major at Royal Birkdale Golf Club in Southport. While the main coverage offers rotating coverage of everyone currently out on the course, this programme provides an opportunity to focus more on a select group of players as they make their way around all 18 holes.
2.30 PM **LIVE Super League** **Warrington Wolves v Hull Kingston Rovers.** Coverage of the match staged at Halliwell Jones Stadium. Kick-off **3.00pm**.
5.15 **World Cup Matchday**
7.00 **LIVE World Matchplay Darts** Coverage of the first day of the tournament at Winter Gardens in Blackpool. Both Luke Humphries and Nathan Aspinall went out at this stage 12 months ago, with Humphries losing 10-8 to the Netherlands' Gian van Veen and Aspinall going out thanks to a 10-6 loss to van Veen's fellow countryman Wessel Nijman.
11.00 **World Cup Report**
2.00 **to 6.00** AM **World Matchplay**

Sky Sports Mix

416 412 511 429 449

6.00 AM **State of Origin**
6.15 **LIVE NRLW** **New Zealand Warriors v North Queensland Cowboys.** From Go Media Stadium. Kick-off **6.15am**.
8.15 **LIVE NRLW** **Canterbury-Bankstown Bulldogs v Cronulla-Sutherland Sharks.** Kick-off **8.15am**.
10.15 **Women's State of Origin**
11.00 **One-Day International Cricket**
12.00 NOON **Fish-O-Mania**
5.30 PM **Women's T20 World Cup**
6.00 **Ferrari Challenge Europe**
8.00 **LIVE Indycar** Music City GP.
9.00 **LPGA Tour Golf** Highlights.
10.00 **LIVE NBA Summer League** Coverage of the latest match from the summer series.
12.30 AM **NBA on Fire**
12.55 **Women's T20 World Cup**
2.25 **My Icon** Sporting influences.
2.50 **LIVE NRLW** **Gold Coast Titans v Parramatta Eels.** Kick-off **2.50am**.
4.45 **to 6.45** AM **LIVE NRLW** **Brisbane Broncos v Wests Tigers.** Kick-off **4.45am**.

TNT Sports 3

413 415 523 410 432

6.00 AM **LIVE BMX Racing** Brisbane.
7.00 **UCI Mountain Bike World Series**
7.30 **MLB** The All Star Game.
10.30 **LIVE AFL** **Collingwood Magpies v Carlton Blues.** Bounce-up **10.35am**.
1.30 PM **LIVE AFL** **West Coast Eagles v Brisbane Lions.** From Optus Stadium.
2.00 **MLB Highlights**
3.00 **One-Day International Cricket**
4.00 **NWSL** Recent highlights.
5.00 **LIVE NWSL** **Gotham FC v Seattle Reign.**
7.00 **LIVE NWSL** **Denver Summit v Portland Thorns.** Kick-off **7.00pm**.
9.15 **TNT Sports Reload**
9.30 **Tour de France Men Highlights**
10.30 **Ultimate Pool** Recent action.
12.00 M'T **British Superbikes**
12.30 AM **World Rally Championship**
1.00 **Supercars Championship**
3.00 **to 6.00** AM **LIVE BMX Racing** Coverage from Brisbane, Australia.

TNT Sports 4

414 416 524 411 434

6.00 AM **Tour de France Men**
7.00 **Tour de France Women**
7.30 **British Superbikes Highlights**
8.30 **FIM Speedway Grand Prix**
9.30 **MotoGP Highlights**
10.30 **Fishing: On the Bank**
11.30 **Spirit of Yachting**
12.00 NOON **British Superbikes**
1.00 PM **LIVE British Superbikes** The first day of the fifth round of the season at Brands Hatch, Kent.
6.00 **AFL** Two match replays.
9.00 **AFL** A chance to see Collingwood Magpies v Carlton Blues.
10.30 A chance to see West Coast Eagles v Brisbane Lions.
12.00 M'T **One-Day International Cricket** West Indies v New Zealand.
1.00 AM **Spirit of Yachting**
1.30 **Ultimate Pool** Recent action.
3.00 **Tour de France Men Highlights**
4.00 **World Rally Championship**
4.30 **Formula E Flashback**
5.00 **to 6.00** AM **FIM Speedway Grand Prix Highlights**

Premier Sports 1

419 APP 528

6.00 AM **Ultimate Karting Championship** Highlights.
8.00 **Coppa Italia** Lazio v Inter Milan.
10.00 **Sporting Greats**
10.30 **Rugby Junior World Championships** Semi-finals.
2.20 PM **World of FreeSports**
2.50 **LIVE Rugby Junior World Championship** Coverage of the third/fourth place play-off in Tbilisi, Georgia. Kick-off **3.00pm**.
5.00 **URC Match Highlights**
5.20 **LIVE Rugby Junior World Championship** Coverage of the final at Mikheil Meskhi Stadium in Tbilisi, Georgia. Kick-off **5.30pm**.
7.45 **Champions Cup Show**
8.15 **Africa Eco Race**
8.30 **Sporting Greats**
9.00 **DTM Motorsport Highlights**
10.00 **Rugby Junior World Championships**
2.00 AM **Sporting Greats**
3.00 **NASCAR Highlights**
4.00 **to 6.00** AM **Premier Sports Cup**

Premier Sports 2

420 APP 529

6.00 AM **Brasileiro Serie A**
8.00 **Football's Greatest**
8.30 **Top 14 Rugby Union**
10.30 **Rugby Junior World Championships** Play-offs.
2.25 PM **LIVE Football** **Real Betis v Preussen Münster.** Coverage of the friendly at Estadio La Cartuja. Kick-off **2.30pm**.
4.30 **LaLiga Match Highlights**
4.45 **LIVE Premier Sports Cup** **Aberdeen v Queen's Park.** Coverage of the Group A match from Pittodrie. Kick-off **5.00pm**.
6.55 **LIVE Premier Sports Cup** **Dundee United v Arbroath.** The Group B match. Kick-off **7.00pm**.
9.15 **LaLiga Match Highlights**
9.30 **Bike World** Highlights.
10.00 **Rugby Junior World Championships** Play-offs.
2.00 AM **Football** Highlights.
4.30 **Temples of Sport**
5.00 **GP Insights** The latest news.
5.30 **to 6.00** AM **Bike World**

Sky Sports F1

407 407 507 424 444

6.00 AM **F1 Academy** Race review.
6.30 **GB3 Championship Highlights**
7.30 **F1 Features**
8.55 **LIVE Formula 3** Coverage of the Belgian Grand Prix sprint race.
10.00 **F1 Features**
11.15 **LIVE Formula 1** The Belgian Grand Prix third practice session.
1.10 PM **LIVE Formula 2** The Belgian Grand Prix sprint race.
2.15 **LIVE Formula 1** The Belgian Grand Prix qualifying session.
5.00 **Formula 1** Belgian Grand Prix.
7.00 **Indycar** Recent highlights.
8.00 **LIVE Indycar** Music City GP.
9.00 **Formula 1** Belgian Grand Prix.
11.00 **LIVE Indycar** Music City GP.
1.00 AM **Formula 2** Highlights.
2.05 **George Russell IV**
2.15 **Formula 3** Belgian Grand Prix.
3.20 **Cycling with Valterri Bottas**
3.30 **Ferrari Challenge Europe**
5.30 **to 6.00** AM **The Best of F1**

Sunday

19 July

Planner

Couture *DRAMA Prime Video*

Angelina Jolie stars as an film-maker who has to deal with a shock breast cancer diagnosis while working in Paris for Fashion Week, a storyline that hits home more when you remember the actor's own experiences – Jolie underwent a preventative double mastectomy in 2013.

World Cup Final

FOOTBALL BBC1 & ITV1, kick-off 8pm

We started 38 days ago on 11 June with 48 teams, and now we are down to the final two. In Qatar 2022, Lionel Messi and Argentina triumphed over France – albeit after a penalty shoot-out – to lift the trophy for a third time. As the curtain falls tonight on what has been a historic tournament, which nation will claim football's ultimate prize?

F1: Belgian Grand Prix

MOTORSPORT Sky Sports, race starts at 2pm

Round 10 of the Formula 1 championship arrives at Spa-Francorchamps, a track where the experience of Ferrari's Lewis Hamilton (right) may prove valuable on its high-speed corners and undulating terrain.

Night Patrol

HORROR

Sky Premiere, 9.45pm

Training Day meets *Blade* in this supernatural thriller in which an LAPD cop (Justin Long) is willing to do anything to follow in his late father's footsteps and join an elite police task force – but has he bitten off more than he can chew?

Sunday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Football: World Cup – Live: Coverage of the final (Kick-off 8.00)							
	102 BBC2	7.00 Antiques Roadshow		8.00 Film: The Guernsey Literary and Potato Peel Pie Society				9.55 Golf: The Open Highlights	
	103 ITV1	7.00 Football: World Cup – Live: Coverage of the final (Kick-off 8.00)							
	104 CHANNEL 4	‹ 6.30 F1: Belgian Grand Prix Highlights				9.00 The Piano		10.00 Celebrity Gogglebox	
	105 5	7.00 Tour de France		8.00 Dogs Behaving (Very) Badly		9.00 Rich House, Poor House		10.00 When Classic TV Goes Horribly Wrong	
	106 SKY ONE	7.00 La Brea		8.00 Attenborough's Journey		9.00 Film: Dreamgirls			
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 Film: The Notebook			
	116 BBC4	7.00 Timewatch: Killer Storms and Cruel...		8.00 Winterwatch 1963: The Big Freeze		9.00 Beethoven's Fifth at the Proms		10.00 A303: Highway to the Sun	
	118 ITV2	‹ 6.55 Film: Daddy's Home 2				9.00 Love Island		10.00 Love Island: Aftersun	
	136 MORE4	‹ 6.55 Four in a Bed				9.00 The Emergency Ward		10.00 24 Hours in A&E	
	135 E4	‹ 6.30 The Great Australian...		7.45 Film: Deep Impact				10.00 Film: American Pie	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 The Rookie		10.00 Irish Blood	
	108 SKY ATLANTIC	‹ 6.55 The Gilded Age				9.00 House of the Dragon			10.15 The Fear Index
	110 U&GOLD	‹ 6.40 The Vicar of Dibley					9.20 Dad's Army	10.00 The Vicar of Dibley	
	111 U&DAVE	7.00 Border Force: America's Gatekeepers		8.00 Special Ops: Crime Squad UK		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	‹ 6.00 Midsomer Murders						10.00 Vera	
	120 ITV4	7.00 Sharpe							
	112 COMEDY CENTRAL	7.00 Mr Bean						10.00 8 Out of 10 Cats Uncut	
	145 SKY SCI-FI	7.00 Stargate Atlantis				9.00 From			
	143 U&DRAMA	‹ 6.25 Home Fires	7.30 Hetty Wainthropp Investigates		8.40 Sister Boniface Mysteries		9.40 Silent Witness		
	109 U&ALIBI	7.00 Allegiance		8.00 Father Brown		9.00 Beyond Paradise		10.00 Father Brown	
	122 SKY ARTS	7.00 Grand Ole Opry: Opry Live		8.00 Film: To Catch a Thief				10.05 Johnson & Knopfler's Music...	
	132 U&W	7.00 Inside the Ambulance		8.00 Inside the Operating Theatre				10.00 The Catherine Tate Show	
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Barnwood Builders		10.00 Deadliest Catch	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Treetop Cat Rescue		9.00 Alaskan Bush People: Book of Billy		10.00 Tanked	
	129 NAT GEO	7.00 Hidden Beneath the Cities		8.00 Tucci in Italy					
	123 SKY HISTORY	7.00 Bradley Walsh: Egypt's Cosmic Code						10.00 World War II with Tom Hanks	
	155 U&YESTERDAY	7.00 Mammals		8.00 Bangers & Cash					
	114 SKY DOCS	7.00 Bardot				9.00 Tell Them You Love Me			

‹ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

- **6.00** AM **Breakfast** (S)
- **9.00** **Sunday with Laura Kuenssberg**
- **10.00** **Prayer and Reflection** (S)(R)
- **10.30** FILM **The Addams Family 2** Animated sequel with the voices of Oscar Isaac and Charlize Theron. (S)(AD) (2021, PG, 90min) ★★
- **12.00** NOON **Bargain Hunt** (S)(R)
- **1.00** PM **BBC News** (S)
- **1.15** **Songs of Praise** New edition (S)
- **1.45** **Escape to the Country** (S)(R)
- **2.15** **The Mating Game** (S)(R)(AD)
- **3.15** FILM **Spider-Man: No Way Home** Comic-book adventure sequel starring Tom Holland. Peter Parker asks Doctor Strange for help to change the past, only to face foes from parallel universes. (S)(AD) (2021, 12, 140min) ★★★★
- **5.35** **BBC News** (S)
- **5.50** **Local News** (S)

3.15 Spider-Man: No Way Home

- **6.00** **Countryfile** New edition Anita Rani visits the Naze, a nature reserve on the Essex coast. She also joins a group of fossil hunters on the search for the secrets revealed by coastal erosion. (S)
- **7.00** LIVE **Football: World Cup** Coverage of the final, which takes place at New York/New Jersey Stadium. At the USA 94 final, 94,194 people endured 120 minutes of uninspiring action in the first final not to feature a single goal, before Brazil became the first nation to win after a penalty shootout, lifting the trophy for a fourth time. Four of the last five finals have gone into extra time, including the memorable match in Qatar four years ago that saw France and Argentina draw 3-3, with Argentina winning the penalty shootout, while four years previously France defeated Croatia 4-2 in the allotted 90 minutes in Moscow. Kick-off is at 8.00. (S)
- **11.00** **BBC News** (S)
- **11.25** FILM **The Full Monty** Comedy starring Robert Carlyle and Tom Wilkinson. A group of unemployed Sheffield men become strippers to make ends meet. With Mark Addy, Paul Barber and Hugo Speer. (S)(AD) (1997, 15, 90min) ★★★★★
- **12.55** AM **Weather for the Week Ahead** Seven-day forecast. (S)
- **1.00** **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

- **6.30** AM **A to Z of TV Gardening** (S)(R)
- **7.15** **Glorious Gardens from Above** (R)
- **8.00** **Countryfile** (S)(R)
- **8.55** **Best of Weatherman Walking** New edition Island hopping. (S)
- **9.25** **Beechgrove Garden** New edition
- **9.55** **Saturday Kitchen Best Bites** New edition Series highlights. (S)
- **11.25** FILM **A Man for All Seasons** Historical drama starring Paul Scofield and Robert Shaw. (S) (1966, U, 115min) ★★★★
- **1.20** PM FILM **I Was Monty's Double** Fact-based World War Two drama with John Mills and Cecil Parker. (S) (1958, b/w, U, 100min) ★★★
- **3.00** LIVE **All-Ireland Senior Hurling Championship Final** Galway v Limerick: All the action from Croke Park. Kick-off is at 3.30. (S)
- **5.30** **Flog It!** From Stockport. (S)(R)

8.00 The Guernsey Literary...

- **6.00** **Fake or Fortune?** Fiona Bruce and Philip Mould unravel the mystery of a suspected Fabergé flower that was hidden in a shoebox in Liverpool, but believed to have belonged to royalty. (S)(R)(AD)
- **7.00** **Antiques Roadshow** Fiona Bruce presents the show from the grounds of Wollaton Hall in Nottingham, where treasures include underwear belonging to Queen Victoria and a toy monkey. (S)(R)
- **8.00** FILM **The Guernsey Literary and Potato Peel Pie Society** Drama starring Lily James, Tom Courtenay and Katherine Parkinson. In post-war Guernsey, an author of detective fiction makes some life-changing friends at a famous literary society. With Michiel Huisman, Jessica Brown Findlay and Penelope Wilton. (S) (2018, 12, 115min) ★★★★
  SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
- **9.55** **Golf: The Open Highlights** Action from the fourth and final day's play of the fourth Major of the year, which took place at Royal Birkdale Golf Club in Southport, Merseyside. (S)
- **11.25** **Cricket: ODI Highlights** England v India: Action from the third and final ODI of the series at Lord's. (S)
- **12.10** AM FILM **Margrete: Queen of the North** Danish period drama starring Trine Dyrholm, Morten Hee Andersen and Bjorn Floberg. Subtitled. (2021, 15, 115min) ★★★
- **2.05** **Sign Zone: The Tech Billionaire Takeover** Documentary. (S)(R)(AD)
- **3.05** **Sign Zone: Ann Droid** (S)(R)(AD)
- **3.35** **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

- **6.00** AM **James Martin's French Adventure** (S)(R)(AD)
- **6.30** FILM **On Her Majesty's Secret Service** James Bond adventure. (S)(AD) (1969, PG, 175min) ★★★★
- **9.25** **ITV News** (S)
- **9.30** **Love Your Weekend with Alan Titchmarsh** With Matt Baker. (S)(R)
- **11.25** **Fern Britton: Inside the Vet's** New edition (S)(AD)
- **12.30** PM **ITV News** (S)
- **12.45** **Celebrity Lingo** (S)(R)
- **1.15** **Deal or No Deal: Celebrity Special** With Alex Brooker. (S)(R)
- **2.15** **Tipping Point: Lucky Stars** (S)(R)
- **3.15** FILM **Diamonds Are Forever** James Bond adventure. (S)(AD) (1971, PG, 140min) ★★★
- **5.35** **The Chase for Soccer Aid** With Sam Quek, Harry Aikines-Aryeetey, David James and Maisie Adam. (R)

3.15 Diamonds Are Forever

- **6.30** **ITV News** (S)
- **6.45** **Local News** (S)
- **7.00** LIVE **Football: World Cup** Coverage of the final, which takes place at New York/New Jersey Stadium. This is the 104th match of the largest World Cup ever, with the tournament concluding a month and six days after it got under way in Mexico. Neutrals will be hoping this contest is as thrilling a spectacle as it was four years ago in Qatar, when France's Kylian Mbappé became the second player after Sir Geoff Hurst to score a hat-trick in a World Cup final. However, it was to no avail, as France were denied a second successive victory when Argentina prevailed 4-2 on penalties after a 3-3 draw to lift the trophy for the first time since 1986. Kick-off at 8.00. (S)
- **11.15** **ITV News** (S)
- **11.35** **The 1% Club** Quiz. (S)(R)(AD)
- **12.35** AM **Wrestling: AEW Dynamite** Hard-hitting wrestling action. (S)(R)
- **2.35** **The Vardys** (S)(SL)(R)(AD)
- **3.30** **Ainsley's Taste of the Bahamas** Homegrown produce. (S)(SL)(R)
- **3.55** **Unwind with ITV** (S)
- **5.05** **to 6.00** AM **Motorsport UK** (S)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

- **5.55** AM **The King of Queens** (S)(R)(AD)
- **7.10** **Everybody Loves Raymond** (S)(R)
- **8.30** **The Simpsons** (S)(R)(AD)
- **10.00** **Sunday Brunch** New edition With guests Joe Pasquale, Calam Lynch and Fiona Allen. Plus, music from Baby Queen. (S)
- **1.00** PM **Jamie Cooks the Mediterranean** (S)(R)(AD)
- **2.05** **The Dog House** (S)(R)(AD)
- **3.05** **George Clarke's Amazing Spaces** A UFO-styled prefabricated Futuro house. (S)(R)(AD)
- **3.55** **Our Farm Next Door: Amanda, Clive and Kids** Amanda Owen and her family breathe life back into a derelict farmhouse. (S)(R)(AD)
- **5.00** **Britain's Favourite Railway Stations with Si King** The host fulfils a lifelong dream on the Snowdon Mountain Railway. (S)(R)

9.00 The Piano

- **6.00** **News** (S)
- **6.30** **F1: Belgian Grand Prix Highlights** Steve Jones is joined by Alice Powell to present action from the 10th round of the season, held at Circuit de Spa-Francorchamps. Oscar Piastri was victorious here last year, with his McLaren teammate Lando Norris second and Ferrari's winner of the recent British Grand Prix, Charles Leclerc, finishing third. (S)
- **9.00** **The Piano** New edition Claudia Winkleman and Mika are joined by jazz star Jamie Cullum. A last-minute change means several of Scotland's amateur pianists must travel to London. (S)(AD)
- **10.00** **Celebrity Gogglebox** A rolling cast of famous faces turn their hand to being the country's most opinionated viewers as they critique recent TV shows. (S)(R)(AD)
- **11.00** **First Dates** (S)(R)(AD)
- **12.00** M'T FILM **Diego Maradona** Documentary profiling the Argentinean footballer. (S)(AD) (2019, 12, 135min) ★★★★
- **2.15** AM **Ramsay's Kitchen Nightmares USA** From Pennsylvania. (S)(R)
- **3.10** **The Simpsons** (S)(R)(AD)
- **4.50** **Couples Come Dine with Me** From West Sussex. (S)(R)
- **5.45** **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.05 **Entertainment News** (S)
9.15 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)
9.40 **Happy Campers: The Caravan Park** Double bill. (S)(R)
11.40 **Cruising with Susan Calman** Double bill of editions.(S)(R)
1.35 PM **Into the Grand Canyon with Nick Knowles** 1&2/2. The presenter examines the mile-deep chasm from every vantage point. (S)(R)
3.35 **The Odyssey with Dan Snow** Dan visits the locations that inspired Homer's *Odyssey*. (S)(R)
5.05 **The Most Embarrassing TV Moments** A selection of TV cock-ups, mishaps and gaffes, including Richard Madeley's impression of Ali G. (S)(R)

7.00 Tour de France

6.55 **News** (S)

7.00 **Tour de France** Rebecca Charlton presents highlights of the 15th stage of the Grand Tour race, a 183.9km mountain route from Champagnole to Plateau de Solaison. (S)

8.00 **Dogs Behaving (Very) Badly** Graeme Hall tackles the seemingly immovable 60kg mountain dog Oakley, who sits in the middle of the road and causes traffic jams. (S)(R)

9.00 **Rich House, Poor House** An edition that looks at the wealth divide in women's football, with Liv and Gal swapping their manor house for Emma and Kevin's two-bedroom rented home. (S)(R)

10.00 **When Classic TV Goes Horribly Wrong** Less-than-perfect moments from some of the nation's favourite TV shows, including *Dixon of Dock Green* and *The Generation Game*. (S)(R)

12.05 AM **When Holidays Go Horribly Wrong** (S)(R)
12.55 **Entertainment News** (S)
1.00 **Teleshopping** (S)(R)
2.00 **Casualty 24/7: Every Second Counts** Double bill. (S)(R)(AD)
3.45 **Friends** (S4) (S)(R)(AD)
4.35 **Cruising with Susan Calman** Central America. (S)(SL)(R)(AD)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **S.W.A.T.** (S7) (S)(R)(AD)
9.00 **F1: Belgian Grand Prix Qualifying Highlights** Action from the battle for grid positions.
11.00 **The Simpsons** (S)(R)
1.30 PM **The Odyssey: The Making of an Epic** Preview of the new film starring Matt Damon. (R)
2.00 **Best Medicine** 7/13. (S1) (S)(R)
3.00 **Animal Control** 3/9. Frank uncovers an illegal animal smuggling ring. (S)(R)
3.30 4/9. Emily accompanies Frank on a ride-along. (S)(R)
4.00 5/9. Emily hires an expert dog trainer. (S)(R)
4.30 6/9. Frank gets frustrated with dating apps. (S2) (S)(R)
5.00 **F1: Belgian Grand Prix Highlights** Action from the 10th round of the season. (R)

6.00 La Brea

6.00 **La Brea** *The Heist:* 5/14. Eve, Gavin and others attempt to gain access to the building. Josh and Riley must act to prevent Caroline from altering the timeline. (S)(R)(AD)

7.00 **La Brea** *Lazarus:* 6/14. When their plan goes awry, Gavin finds himself face to face with its enigmatic leader. Josh and Riley enjoy some fun before a startling turn. (S2) (S)(R)(AD)

8.00 **Attenborough's Journey** Documentary following David Attenborough as he travels around the world to make his series *First Life*, which explores the origins of life on Earth. (S)(R)(AD)

9.00 **FILM Dreamgirls** Musical based on the hit Broadway show inspired by the story of Diana Ross and The Supremes, starring Jamie Foxx, Beyoncé Knowles, Eddie Murphy and Jennifer Hudson. In 1960s Detroit, a wannabe music mogul pushes a girl group to stardom but sidelines their talented lead singer in favour of her beautiful sidekick. (S) (2006, 12, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.20 **First Blood** A spotlight on serial killer Aileen Wuornos, also infamously known as The Damsel of Death. (R)
1.20 AM **Evil** 9/10. The team are called in to investigate when a terrifying figure begins stalking people who have invested in a stock tip. (S3) (S)(R)
2.20 **The Force: North East** (S)(R)
3.15 **Road Wars** (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol**

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
10.00am Politics Wales (S) **10.45** FILM The Addams Family 2 (S)(AD) (2021, PG, 90min) ★★ **12.15-1.00pm** Bargain Hunt (S)(R) **2.20** FILM Spider-Man: No Way Home (S)(AD) (2021, 12, 135min) ★★★★ **4.35** Flying Without Wings: Our Lives New edition (S) **5.05-5.35pm** Wales' Home of the Year (S)(R)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **9.00** Y Cosmos **10.00** Gwesty Aduniad **11.00** Garddio a Mwy **11.30** Gerddi Cymru **12.00noon** Cyfres Triathlon Cymru **1.00pm** Yr Afon **2.00** Iaith ar Daith **3.00** Priodas Pum Mil **4.00** Arfordir Cymru: Sir Benfro (AD) **4.30** Wil, Aeron a'r Inca **5.40** Cefn Gwlad **6.40** Pobol y Cwm Omnibws (AD) **7.45** Newyddion a'r Tywydd **8.00** Y Wal (AD) **9.00** NEW Y Sioe **10.00** Seiclo: Tour de France **10.30** Tabw **11.00-11.35pm** Cymoedd Roy Noble

TV&Streaming week
Best for Sky and Virgin

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** The Fox-Truemans prepare to welcome Denise home. **7.30** Denise struggles to settle back into family life, and Mark raises suspicions. **8.00** Denise lays the law down, while Vicki and Ross return from their honeymoon. **8.30** Mark puts Lauren to the test, and Gina attempts to right a wrong.
9.00 FILM **The Notebook** Melodrama starring Rachel McAdams and Ryan Gosling. A rich girl and a mill worker fall in love, but their romance is promptly stifled when World War Two breaks out. With Gena Rowlands. (2004, 12, 124min) ★★★
10.55 **Film Club** 1/6. Drama starring Aimee Lou Wood and Nabhaan Rizwan as best friends retreating from reality into a world of movies. (S1)

11.30 **Film Club** 2-6/6. (S1)
2.00 AM **Things You Should Have Done** 2&3/6. (S1)
3.25 **to 3.55** AM **BBC New Comedy Awards**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **A Place in the Sun**
3.50 PM **Come Dine with Me** New Zealand native Steve kicks off a week of dinner parties from Exeter. **4.20** Music-mad Richard hosts the second dinner. **4.50** PR worker Glen goes all-out to impress. **5.20** Customer services adviser Sarah hopes for an evening full of humour. **5.55** Singleton Estelle hosts the final dinner party of the week from Exeter.

6.25 **Four in a Bed** The first visit is to 38 St Giles in Norwich. **6.55** The second visit is to The Royal Oak in Kent. **7.25** From The Fox & Goat in Tiddington in Oxfordshire. **7.55** From No 64 at The Joiners in West Malling, Kent. **8.30** Payment Day arrives.
9.00 **The Emergency Ward** Medics treat a man whose foot was slashed by a lawnmower, while Dr Tsung guides junior doctor Norah.
10.00 **24 Hours in A&E** A 35-year-old woman fears a brain tumour has returned, while a mother worries about her baby son, who was born with a hole in his heart and one kidney.

11.05 **24 Hours in A&E**
12.05 AM **The Emergency Ward**
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Timewatch: Killer Storms and Cruel Winters – The History of Extreme Weather** The UK's worst weather disasters.
8.00 **Winterwatch 1963: The Big Freeze** Documentary about the worst British winter of the 20th century.
9.00 NEW **Beethoven's Fifth at the Proms** Petroc Trelawny and Georgia Mann present a performance of one of the best-known of all symphonies alongside Mussorgsky's *A Night on a Bare Mountain* and Richard Strauss's *Don Juan*.
10.00 **A303: Highway to the Sun** Tom Fort charts the troubled history of the road.

11.00 **Hans Zimmer: Hollywood Rebel**
12.00 M'T **Beethoven's Fifth at the Proms**
1.00 AM **Timewatch: Killer Storms and Cruel Winters – The History of Extreme Weather**
2.00 **to 3.00** AM **A303: Highway to the Sun**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks Omnibus**
7.10 **Modern Family**
8.35 **Ramsay's Kitchen Nightmares USA**
12.30 PM FILM **Zathura: A Space Adventure** Sci-fi fantasy adventure starring Josh Hutcherson and Jonah Bobo. Two brothers plunge into a series of perilous intergalactic adventures when they play a mysterious board game. (2005, PG, 113min) ★★★★
2.30 **The Simpsons**

6.30 **The Great Australian Bake Off** New edition The competition heats up as the bakers serve up a selection of spicy cakes and pies.
7.45 FILM **Deep Impact** Disaster movie starring Robert Duvall. An astronaut leads a mission into space to explode a comet before it hits the Earth and causes apocalyptic destruction. (1998, 12, 123min) ★★★★
10.00 FILM **American Pie** Teen comedy starring Jason Biggs. A group of teenage friends pledge to lose their virginity before the school prom – which is three weeks away. (1999, 15, 96min) ★★★★

11.55 **Gogglebox 2021**
2.00 AM **Gogglebox**
3.00 **Naked Attraction**
3.50 **Brooklyn Nine-Nine**
4.55 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 | 306 | 30 | 123 | 256

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Caught Red Handed**
8.00 **A1: Britain's Longest Road**
9.00 **Send in the Dogs**
10.00 **Stop, Search, Seize**
11.00 **Border Patrol**
12.00 NOON **Border Security USA** Police confront a drug-smuggler in New York.
1.00 PM **Stop, Search, Seize** Documentary following the work of Ireland's border force.
2.00 **Nothing to Declare** Ten editions of the documentary series following the work of customs officers in Australia.

8.00 Caught on Dashcam

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** New edition Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **The Rookie** *The Good, the Bad and the Ugly:* 3/20. Nolan and Talia lose control of a crime scene. (S1)

10 PM
10.00 **Irish Blood** *Under Wraps:* 3/6. Fiona, Musa and Róisín investigate the next clue – a pair of blood-stained MMA gloves. (S1)
11.00 **Law & Order: Criminal Intent**
12.00 M'T **FBI: Most Wanted** (S1)
1.00 AM **The Good Doctor** (S6)
2.00 **Law & Order: Special Victims Unit** New episode
3.00 **Brit Cops: Rapid Response**
4.00 **A1: Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Billions** 6&7/12. (S4)
10.15 **Gomorrah** Six episodes of the drama, including at: **2.35** PM 5/12. The seizure of a cocaine shipment threatens to throw the clans into war. **3.40** 6/12. Nicola tries to regain boss Patrizia's confidence. Subtitled. (S4)
4.45 **The Gilded Age** 5/9. Bertha and Marian visit Dansville to hear Clara Barton speak. **5.50** 6/9. George fights to protect his public image. (S1)

10.15 The Fear Index

7 PM
6.55 **The Gilded Age** *Irresistible Change:* 7/9. Edison's illuminating electricity demonstration sparks conversation. (S1)

8 PM
8.00 **The Gilded Age** *Tucked Up in Newport:* 8/9. Peggy reveals the truth about her past and Carrie practise for the ball. (S1)

9 PM
9.00 **House of the Dragon** 4/8. *Game of Thrones* prequel following the story of House Targaryen. Stars Matt Smith. (S3)

10 PM
10.15 **The Fear Index** 1/4. A Wall Street tycoon becomes the target of a plot to destroy the world's financial markets. (S1)
11.15 **The Fear Index** 2/4. A fatal plane crash causes airline stocks to plummet. (S1)
12.10 AM **Deadwood** 1&2/12. (S3)
2.00 **House of the Dragon** New episode 5/8. (S3)
3.15 **Billions** 4/12. (S1)
4.15 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Totally Bonkers Guinness World Records**
6.15 **Deal or No Deal**
7.05 **In for a Penny**
8.05 **Dress to Impress**
9.05 **Celebrity Dinner Date**
11.10 **Deal or No Deal**
2.10 PM **Celebrity Catchphrase**
3.15 FILM **Ella Enchanted** Comic fantasy adventure. (2004, PG, 96min) ★★★
5.10 FILM **The Pirates! In an Adventure with Scientists** Stop-motion adventure. (2012, U, 87min) ★★★★

5.10 The Pirates!

7 PM
6.55 FILM **Daddy's Home 2** Comedy sequel starring Will Ferrell and Mark Wahlberg. Having settled their differences, Brad and Dusty must now deal with their intrusive fathers during the holidays. (2017, 12, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM
9.00 **Love Island** New edition Reality show in which singletons seeking a romance compete in the hope of finding love.

10 PM
10.00 **Love Island: Aftersun** New edition Companion programme to the dating show, featuring the latest gossip from the villa.
11.05 **Family Guy** 3/18. Meg starts work at a superstore. (S5)
11.35 **Family Guy** 28/30. (S4)
12.05 AM **American Dad!** (S5)
1.05 **Plebs** 3/8. (S2)
1.35 **Transaction** 6/6. (S1)
2.00 **Piglets** 6/6. (S2)
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
6.35 **Wycliffe** 4&5/8. (S3)
8.50 **Doc Martin** 8/8. (S7)
9.55 **Lewis** *The Soul of Genius.*
11.55 **Agatha Christie's Marple**
2.00 PM **Midsomer Murders** *Death in Chorus:* A choir member is killed before a prestigious competition. **4.00** *Country Matters:* Proposals to build a supermarket lead to murder. **6.00** *Last Year's Model:* Barnaby questions the guilt of a murder suspect.

10.00 Vera

7 PM
Midsomer Murders (started at 6.00pm)

8 PM
8.00 **Midsomer Murders** *Four Funerals and a Wedding:* Barnaby and Jones find themselves forced to dip into the annals of Broughton village after a traditional contest pitting men against women results in two deaths.

10 PM
10.00 **Vera** *Death of a Family Man:* Vera investigates the death of a businessman who was working as an informant for HM Revenue and Customs offering information on his own company
11.50 **Wycliffe** 1/8. (S3)
12.55 AM **Trigger Point** 3/6. (S3)
1.55 **George and Mildred** (S2)
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Motorsport Mundial**
6.30 **Auto Mundial**
7.00 **The Big Match Revisited**
9.00 **Ninja Warrior UK**
10.00 **Cadfael**
11.40 **The Return of Sherlock Holmes** Triple bill.
3.00 PM **Ice Road Truckers: Deadliest Roads**
4.00 **Ice Road Truckers**
5.00 **The Motorbike Show** Henry Cole joins the Scooter Boys.
6.00 **The Debrief with Dan and ROG** Action from round three of the Nations Championship.

7.00 Sharpe

7 PM
7.00 **Sharpe** *Sharpe's Rifles:* 1/2. Adventure starring Sean Bean and Brian Cox. Rifleman Sharpe is promoted for saving General Wellesley's life and sent behind enemy lines to rally Spanish support. (S1)

9 PM
9.15 **Sharpe** *Sharpe's Company:* 1/3. The return of an old enemy leads to a series of problems, beginning with the loss of Sharpe's hard-earned captaincy, and ending in a race against time to rescue his lover Teresa and their baby. (S2)
11.30 **The Summit Australia** New edition Twelve hikers are left on the mountain.
12.45 AM **Minder**
1.40 **Two and a Half Men** (S4)
2.35 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

11.00 AM **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Repair Shop on the Road** The Scottish Boat Building School.
8.00 **Island Crossings** CalMac engineer Fergus Barlow drives in the annual Mull car rally.
9.00 **Paramedics on Scene** New edition 4/10. Crews respond to a large building fire in Glasgow city centre.
10.00 **Still Game** 1/9. Winston plans to improve the local park after it goes seriously downhill. (S2)
10.30 **Scot Squad** 5/5. PC Charlie McIntosh introduces PC Jane MacKay to a festival called The Butterfist. (S3)
11.00 PM **to 12.00** M'T **Greetings from Scotland** 1/2. Exploring the origins of the nation's tourist industry.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Sort Of** 6/8. (S1)
8.25 **Will & Grace** (S5)
11.00 **Breeders** 6-10/10. (S3)
1.30 PM **Community** (S5&6)
4.00 **Will & Grace** (S2)
6.30 **The Office (US)** 13/25. Michael has the staff work together on calls. **7.00** 14/25. Michael is distraught over Dwight's resignation. **7.30** 15/25. Michael invites a stripper to Phyllis's wedding shower. **8.00** 16/25. Michael causes problems at Phyllis's wedding. **8.30** 17/25. Michael is asked to speak at a business school. (S3)
9.00 **Glenn Moore: Will You Still Need Me, Will You Still Feed Me, Glenn I'm Sixty Moore** Stand-up.
10.15 **Jack Dee: Small World** Stand-up performance.
11.45 **Stewart Lee, Basic Lee: Live at the Lowry**
1.30 AM **The Comeback** (S3)
3.50 **to 5.00** AM **Avenue 5**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **My Favorite Things: The Rodgers & Hammerstein 80th Anniversary Concert**
8.40 **Tales of the Unexpected**
10.30 **Alfred Hitchcock Hour**
12.40 PM **Pavarotti in the Park**
2.50 **André Rieu: Live**
4.35 **Simon & Garfunkel: Old Friends – Live on Stage** From 2003.
7.00 NEW **Grand Ole Opry: Opry Live** From Nashville, Tennessee.
8.00 FILM **To Catch a Thief** Romantic thriller. (1955, PG, 102min) ★★★★
10.05 **Johnson & Knopfler's Music Legends**
11.05 **Jerry Lee Lewis & Friends** From 1989.
12.25 AM **The Beach Boys: Endless Harmony**
2.40 **Discovering**
3.40 **Led Zeppelin: In the Light** Documentary.
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
7.00 **Nothing to Declare**
9.00 **UK Border Force**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Police 24/7**
4.00 **World's Most Toxic Animals** Documentary.
5.00 **Super Shark Highway**
6.00 **Secrets of the Enchanted Waters**
7.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.
8.00 **Agatha Raisin** *There Goes the Bride:* 4/4. A body is found on the morning of James's wedding. (S4)
10.00 **Joe Lycett's United States of Birmingham** 4/4. Joe's mission takes him to Alabama.
11.00 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Celebrity Supermarket Sweep** With Linda Robson, John Barnes, Scarlett Moffatt and David Seaman.
2.00 **Tenable** Quiz show.
3.00 **The Chase Celebrity Special** David James, Lucrezia Millarini, Myles Stephenson and Joe Sugg compete.
4.00 **Ridiculous** Quiz show.
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill of the word-based quiz show.
8.00 **Celebrity Supermarket Sweep** With guests Gabby Logan, Frankie Bridge, Joe Swash and Radzi Chinyanganya.
9.00 **The Chase Celebrity Special** With Sunetra Sarker, Matty Lee, David Arnold and Basil Brush.
10.00 **Tipping Point** Triple bill.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **Location, Location, Location** Double bill.
4.00 **A Place in the Sun**
8.00 **Surgery Secrets of the Super Rich** Following cosmetic surgeons working on high-end clients.
9.00 **Celebrity Gogglebox** A rolling cast of famous faces appraise the week's television.
10.00 **8 Out of 10 Cats Does Countdown** Joe Wilkinson and Josh Widdicombe take on Rhod Gilbert and Thanyia Moore.
11.05 FILM **Jackass Forever** Comedy starring Johnny Knoxville and Steve-O. (2022, 18, 96min) ★★★
1.00 AM **Big Fat Quiz: Best Bits** A compilation of chaotic moments.
2.00 **First Dates**
3.05 **Celebrity Gogglebox**
4.05 **to 5.05** AM **Naked Attraction**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Stargate SG-1** Five episodes of the drama, including at: **2.00** PM 9/22. The Stargate system is plunged into chaos. **3.00** 10/22. The team try to help the Ha'kty leader. (S7)
4.00 **Stargate Atlantis** 9/20. Sheppard and Ronon come under mind control. **5.00** 10/20. Part one of two. Ancients reclaim a lost city. **6.00** 11/20. Part two of two. O'Neill is taken prisoner. (S3)

11.00 Grimm

7.00 **Stargate Atlantis** *Echoes:* 12/20. Dr Beckett is left puzzled by the sudden disappearance of a medical team.

8.00 **Stargate Atlantis** *Irresponsible:* 13/20. The team members discover Lucius is trying to manipulate a village. (S3)

9.00 **From** *The Calm Before:* 9/10. The residents of the town stand at a crossroads unlike any they've faced before.

10.00 **From** *If a Tree Falls in a Forest:* 10/10. Boyd's quest to lead the residents home reaches breaking point. (S4)
11.00 **Grimm** 6/22. Monroe and Rosalee's friend is kidnapped. **12.00** M'T 7/22. Juliette returns in the form of Eve. **1.00** AM 8/22. Nick and Hank investigate a mysterious sighting linked to a tourist's death at a local lake. (S5)
2.00 **The Walking Dead** (S6)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S16)
10.00 **Return to Paradise** (S1)
12.00 NOON **Father Brown** Six episodes, including at: **5.00** PM *The Hidden Man:* Father Brown's friendship with Flambeau is tested when the high class thief is suspected of murder.
6.00 **Death in Paradise** 8/8. The team investigate the murder of a calypso singer's husband, while Neville struggles with Sophie's revelations and contemplates his future. (S12)

11.00 CSI: Vegas

7.00 **Allegiance** *Shelter from the Storm:* 7/10. Sabrina and Zak find themselves on the trail of a possible spree killer. (S2)

8.00 **Father Brown** *The Beast of Wedlock:* The priest investigates a missing person, a murder and a mythical wild cat.

9.00 **Beyond Paradise** 2/6. An amateur psychic's unsettling predictions for a grieving woman's future start to come true. (S2)

10.00 **Father Brown** *The Smallest of Things:* The priest investigates the macabre world of doll's house crime scenes.
11.00 **CSI: Vegas** 4/10. A body is dug up in the luau pit of a Hawaiian-themed hotel. **12.00** M'T 3/10. The body of a video-game developer is found floating in a fountain. (S1)
1.00 AM **Murdoch Mysteries**
2.55 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **The Vicar of Dibley**
12.40 PM **The Vicar of Dibley** Eight episodes, including at: **5.10** Christmas special from 1997. Geraldine plays Cupid in her efforts to bring Alice and Hugo together. **6.00** The villagers decide to set up a radio station, and Frank makes a startling admission on his show. **6.40** Alice shocks Geraldine with a pre-wedding revelation, and the irreverent vicar is pleasantly surprised by David's dashing brother.

7.20 The Vicar of Dibley

7.20 **The Vicar of Dibley** Geraldine's hopes of romance are fuelled by a visit from David's handsome brother, while Alice and Hugo return from honeymoon. **8.20** Festive episode from 1999. Alice suggests a nativity play starring herself and Hugo as Mary and Joseph.
9.20 **Dad's Army** Mainwaring tries to talk Frazer into depositing his gold sovereigns in a safe place.

10.00 **The Vicar of Dibley** Alice and Hugo's baby is christened amid chaos. Guest stars Sean Bean. **10.55** A summer water shortage presents problems for the locals.

11.50 **The Vicar of Dibley**
1.20 AM **Bottom** The duo hear of a sure-fire way to make money on a fixed horse race.
2.00 **to 4.00** AM **Bottom: Exposed**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **James May's Cars of the People** The microcar.
8.00 **Storage Hunters UK**
9.00 **Guy Martin: Proper Jobs**
11.00 **Motorhoming with Merton & Webster** Double bill.
1.00 PM **Mortimer & Whitehouse: Gone Hogmanay Fishing**
2.20 **The Hairy Bikers' Asian Adventure** Double bill.
4.20 **Would I Lie to You?**
5.40 **Would I Lie to You? – The Unseen Bits** Highlights.
6.20 **Would I Lie to You?** With Fern Britton and Martin Clunes.

7.00 Border Force

7.00 **Border Force: America's Gatekeepers** Series finale A woman is caught with thousands of prescription diet pills.

8.00 **Special Ops: Crime Squad UK** Following Lancashire Police's Major Investigation Team as they investigate a murder.

9.00 **Have I Got a Bit More News for You** Actor David Tennant hosts the satirical quiz, with Zoe Lyons and Johnny Mercer.

10.00 **QI** Stephen Fry hosts, with Sean Lock, Charlie Higson and Phill Jupitus.
10.40 **Mock the Week** With Josh Widdicombe, Romesh Ranganathan and Gary Delaney.

11.20 **Mock the Week**
12.00 M'T **Live at the Apollo**
2.00 AM **QI XL** With Dan Tiernan
3.05 **to 4.00** AM **Have I Got a Bit More News for You**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.10 AM **The Bill**
12.40 PM **Call the Midwife**
3.20 **Catherine Cookson's A Dinner of Herbs** Drama starring Billie Whitelaw as a herbalist who takes an 11-year-old orphan under her wing. With Tim Healy and Jonathan Kerrigan.
6.25 **Home Fires** 3/6. The Czech officers organise a dance, Sarah receives some unwelcome advice, Pat's affair with Marek is uncovered, and Allison is forced to decide where her loyalties lie. (S2)

7.30 Hetty Wainthrop...

7.30 **Hetty Wainthropp Investigates** *The Astral Plane:* 4/6. The sleuthing housewife investigates a spiritualist who appears to be blackmailing her customers. (S2)
8.40 **Sister Boniface Mysteries** *Dead Air:* 8/12. When Radio Catherine's top DJ is murdered on-air, Sister Boniface is called in to investigate. (S2)
9.40 **Silent Witness** *Deathmaker:* A shocking incident on a suburban street brings back painful memories for Jack, forcing him to revisit his past. A member of the victim's family seeks justice of their own.
12.00 M'T **New Tricks** *The Chinese Job:* Pilot episode of the crime drama. Superintendent Sandra Pullman is put in charge of a new department manned by a motley crew of ex-detectives.
1.55 AM **Call the Midwife**
3.05 **to 4.00** AM **Darby and Joan**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S4)
1.55 PM **Columbo** Triple bill.
7.00 **Columbo** *Death Lends a Hand:* Columbo locks horns with a private eye who turns to murder when his attempts at blackmail prove fruitless. **8.30** *The Bye-Bye Sky-High IQ Murder Case:* One of the world's cleverest men plots a murder, but must pit his wits against Columbo's equally sharp mind.
10.00 **Law & Order: Special Victims Unit** *Lost Reputation:* 1/24. Part two of three. Cragen is accused of murder. **11.00** *Above Suspicion:* 2/24. Part three of three. Cragen wakes up with a dead escort. (S14)
12.00 M'T **Law & Order: Special Victims Unit**
2.00 **to 3.50** AM **Bull**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S8)
10.00 **Dogs Behaving (Very) Badly** Triple bill.
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions, including at: **8.00** Nick Priestley embarks on a high-speed pursuit of an unusual getaway car.
9.00 **Trauma Room One** A race to save patient's eye-sight, life and spine.
10.00 **Ambulance: Code Red** A woman is trapped in her car and bleeding from the head. **11.00** A 999 call comes in reporting a car has hit a group of pedestrians.
12.00 M'T **A&E After Dark**
1.00 AM **Text Me When You Get Home**
1.55 **Skin A&E**
2.45 **GPs: Behind Closed Doors** Medical series.
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Trucking Hell**
10.05 **Outback Truckers**
3.05 PM **FILM The Alamo** Epic Western starring John Wayne. (1960, PG, 161min) ★★★
6.20 **FILM The Devil's Brigade** Wartime drama starring William Holden and Cliff Robertson. (1968, PG, 126min) ★★
9.00 **Inferno at Sea: The Deepwater Disaster** The events surrounding the oil spill in the Gulf of Mexico in April 2010 after an explosion on the *Deepwater Horizon* drilling platform.
10.35 **Cops** A suspect who fled on an unlicensed dirt bike begs to go home, and a man with a warrant for battery is caught with fentanyl.
11.00 **Shoplifters: Caught Red Handed** Triple bill.
2.00 **to 4.00** AM **Outback Truckers**

U&W

132/133 131/133 125 25 156 28

6.15 AM **My Family**
10.00 **Tipping Point**
1.00 PM **The Supervet**
5.00 **The Supervet: Noel Fitzpatrick**
6.00 **Inside the Ambulance** Gaz and Mike rush a baby to hospital with suspected meningitis. **7.00** Medics help a man having an anxiety attack in the street.
8.00 **Inside the Operating Theatre** A four-year-old girl undergoes an operation to straighten squints in both eyes. **9.00** A woman has an operation to repair the hernia she suffered while giving birth.
10.00 **The Catherine Tate Show** Triple bill of the comedy sketch show.
12.00 M'T **Stacey Dooley Sleeps Over USA**
1.00 **to 3.00** AM **Amber: The Girl Behind the Alert**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Great American Railroad Journeys**
11.00 **Planet Earth III**
1.00 PM **Mammals**
8.00 **Bangers & Cash** Dave takes a test drive in a Tesla Model X. **9.00** Charlie pick up an Austin van from the North Yorkshire Moors. **10.00** Paul extracts a vintage tractor from a Yorkshire barn.
11.00 **One Foot in the Grave** Margaret collapses with exhaustion. **11.40** The Meldrews spend a day on the river. **12.20** AM The Meldrews return from a dreary holiday, and Margaret considers having an affair.
1.00 **Bangers & Cash**
2.00 **to 3.00** AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Suffolk.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **Derelict Rescue**
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Double bill.
5.00 **A Place in the Sun**
9.00 **Long Lost Family** Davina McCall and Nicky Campbell tell the stories of two women who uncovered life-changing news as adults.
10.00 **Rich House, Poor House** A pair of business owners swap homes with a family in Derbyshire who live on £56 a week.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **My Lottery Dream Home**

+1 hour 242 365

SUNDAY Entertainment

Sunday

Great! TV

157 167 170 34 32

8.10 AM **A Fine Romance**
8.40 **The Waltons** (S4)
1.40 PM **The Waltons** (S4)
4.50 **FILM Carry On Sergeant** Comedy with William Hartnell. (1958, b/w, U, 83min) ★★★
6.40 **FILM Arachnophobia** Horror starring Jeff Daniels as a California town doctor battling against an infestation of deadly spiders. (1990, PG, 106min) ★★★
9.00 **FILM Mr Brooks** Darkly comic thriller starring Kevin Costner, Demi Moore and William Hurt. A wealthy businessman has an evil alter ego with a taste for murder. With Dane Cook. (2007, 18, 120min) ★★★★
11.20 **M*A*S*H** 9-12/26. (S7)
1.20 AM **Rising Damp** (S3)
2.00 **Air Rescue** Double bill.
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM **Wanted: Dead or Alive** Double bill.
10.10 **FILM Buck and the Preacher** Comedy. (1971, PG, 102min) ★★
12.25 PM **FILM The Doolins of Oklahoma** Western with Randolph Scott. (1949, b/w, U, 90min) ★★
2.20 **FILM The Cruel Sea** War drama. (1952, b/w, PG, 124min) ★★★★
5.10 **FILM Valkyrie** Thriller. (2008, 12, 115min) ★★★
7.35 **FILM Predestination** Sci-fi thriller starring Ethan Hawke. (2014, 15, 98min) ★★★★
9.40 **FILM Highlander** Sci-fi action thriller starring Sean Connery. (1986, 15, 111min) ★★★★
12.10 AM **Dragon Ball Super**
1.10 **Coast Guard Alaska**
3.25 **FILM Meteor Storm** Sci-fi action thriller. (2010, 12, 90min) ★
5.15 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Hailey Dean Mysteries**
11.00 **Murder, She Wrote** Ten episodes of the mystery.
9.00 PM **FILM Murder, She Baked: A Chocolate Chip Cookie Mystery** Drama starring Alison Sweeney. A small-town Minnesota baker turns sleuth when her delivery driver is shot dead. (2015, PG, 83min) ★★
10.55 **FILM Garage Sale Mysteries: A Case of Murder** Thriller starring Lori Loughlin, Sarah Strange and Steve Bacic. (2017, PG, 90min) ★★
12.50 AM **FILM Cruel Fixation** Crime thriller starring Kristina Klebe. (2019, 12, 90min) ★★
2.25 **FILM An Organised Killer** Crime thriller. (2021, 12, 85min) ★★
4.00 **to 5.00** AM **Diagnosis Murder**

+1 hour 321

Great! Romance

322 319 424 52 47

8.15 AM **FILM 14 Love Letters** Romantic drama. (2022, U, 84min) ★★
10.05 **FILM The Best Version of Love** Comedy. (2023, PG, 86min) ★★
12.00 NOON **FILM Frozen in Love** Romantic drama. (2018, PG, 84min) ★★
1.55 PM **FILM A Winning Team** Sports comedy. (2023, PG, 85min) ★★
3.50 **FILM Two for the Win** Drama. (2021, PG) ★★
5.40 **FILM Love, Game, Match** Romantic comedy. (2022, U, 91min) ★★
7.40 **FILM Hearts in the Game** Romantic comedy. (2023, PG, 84min) ★★
9.30 **FILM Sealed with a Kiss** Romantic drama. (2015, PG, 95min) ★★
11.35 **FILM Love on the Vines** Drama. (2016, PG) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Frozen in Love** (2018)

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **FILM The Odd Job** Black comedy. (1978, 15, 87min) ★★
1.45 PM **Sherlock Holmes and the Leading Lady**
5.45 **FILM Buster** Comedy drama with Phil Collins. (1988, 15, 102min) ★★
7.45 **FILM Loophole** Thriller starring Martin Sheen. An unemployed American architect joins a group of thieves who intend to rob a bank. (1980, PG, 105min) ★★
10.00 **FILM Sex and the Other Woman** Comedy. (1972, 18, 105min) ★★
11.45 **Real Thick Glasses**
12.00 M'T **FILM Au Pair Girls** Comedy with Gabrielle Drake and Astrid Frank. (1972, 18, 86min) ★★
2.00 AM **Sherlock Holmes and the Leading Lady**
4.00 **to 5.00** AM **Alan Cumming's Edge of Scotland**

Rewind TV

182 81 164 141

6.00 AM **Space 1999** (S2)
7.00 **Man in a Suitcase**
9.00 **Bubblegum & Cheese**
10.00 **Mother's Ruin**
11.30 **The Fenn Street Gang**
1.00 PM **Second Thoughts**
2.00 **Agony** (S1&2)
3.30 **Hallelujah** 1&2/7. (S1)
4.30 **Mother's Ruin**
6.00 **Michael Hordern, Going Home**
6.30 **Doctor in Charge**
7.30 **The Fenn Street Gang**
9.00 **The Man Who Made Husbands Jealous**
10.05 **FILM Game Show Models** Comedy drama starring John Vickery. (1977, 18, 88min) ★★
11.55 **FILM Come Play with Me** Adult comedy with Mireille Allonville. (1977, 18, 90min) ★★
1.55 AM **Stereo Underground**
2.55 **Rewind Time Machine**
3.00 **Agony** (S1&2)
4.00 **Bubblegum & Cheese**
5.00 **to 6.00** AM **Stereo Underground**

DMAX

159 151 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Chasing Classic Cars**
2.00 PM **Kindig Customs**
5.00 **Wheeler Dealers**
7.00 **Expedition Bigfoot** A railroad track reveals clues about Bigfoot. **8.00** Russell uses an unlikely ally to pursue a strange predator.
9.00 **The Strangest UFO Stories of All Time** A look at whether the atomic bomb alerted extra-terrestrial governments to Earth. **10.00** The high number of UFO sightings.
11.00 **Expedition X** The team go to Mackinac Island. **12.00** M'T The team's investigation at Mackinac Island continues. **1.00** AM The mysteries of Niagara Falls.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food**
8.30 **Man v Food Nation**
1.00 PM **James Martin's Spanish Adventure**
3.00 **The Great British Bake Off** Four editions of the series, including at: **6.00** It's Cake Week, and a new batch of home bakers tackle mini cakes. **7.30** The amateurs tackle Biscuit Week.
9.00 **James Martin's Spanish Adventure** The chef visits the Costa del Sol.
10.00 **Man v Food** The Firebrand Chili Challenge. **10.30** Adam Richman visits three minor league baseball stadiums.
11.00 **Michel Roux's French Country Cooking**
12.00 M'T **James Martin's Spanish Adventure**
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **Babylon 5**
12.00 NOON **FILM Gone to Texas** Western biopic. (1986, 15, 144min) ★★★
2.55 PM **FILM Gold** Thriller starring Roger Moore. (1974, 12, 124min) ★★
5.20 **FILM The Odessa File** Suspense thriller starring Jon Voight. (1974, PG, 129min) ★★★
8.00 **The Twilight Zone** (S3)
9.00 **FILM The Negotiator** Action thriller starring Samuel L Jackson and Kevin Spacey. (1998, 15, 140min) ★★★★
11.50 **FILM Red Heat** Action thriller starring Arnold Schwarzenegger. (1988, 18, 106min) ★★★
1.50 AM **FILM Fugitives** Thriller starring Dominic Purcell and Tricia Helfer. (2015, 15, 86min) ★★
3.40 **to 5.10** AM **FILM Death Race 2000** Darkly comic sci-fi thriller. (1975, 15, 90min) ★★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **The A-Team** (S2)
3.00 PM **FILM Mega Storm: Days of Destruction** Sci-fi action thriller. (2011, PG, 89min) ★★
5.00 **FILM Apocalypse of Ice** Thriller starring Tom Sizemore and Jake Holley. (2020, PG, 88min) ★★
7.00 **FILM Mega Shark vs Kolossus** Fantasy thriller starring Illeana Douglas. (2015, 12, 90min) ★
9.00 **FILM Driven to Kill** Action thriller starring Steven Seagal and Dmitry Chepovetsky. (2009, 18, 94min) ★★
11.05 **FILM Best of the Best 2** Action adventure sequel. (1992, 18, 100min) ★★
1.10 AM **FILM Driven to Kill**
3.10 **FILM The Pledge** Western drama. (2008, PG, 79min) ★★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Hardcore Pawn**
9.15 **Pawn Stars** Double bill.
11.10 **Container Wars**
1.05 PM **Junk & Disorderly: Henry's Wreck-trospective** Triple bill.
4.05 **Storage Wars**
7.00 **Field of Vampires** 1&2/2. A plot in Poland containing 30 apparent 'deviant burials'.
9.00 **Mysteries Unearthed with Danny Trejo** The unlikely people and surprising places behind discoveries of top-secret information.
10.00 **Cursed Histories** The curse of Timur.
11.00 **What on Earth?** Mysterious satellite images reveal China's hidden terror camps. **12.00** M'T A ghost town in a remote desert.
1.00 AM **Strange Evidence**
3.00 **Discovered by Disaster**
4.00 **to 6.00** AM **Walking Through History**

5SELECT

153 166 138 46 133 30

9.00 AM **Great British Bike Rides** Triple bill.
12.00 NOON **All Creatures Great and Small** (S3)
5.00 PM **The Madame Blanc Mysteries** 1&2/6. (S4)
7.00 **The Queen Mother: A Life in Pictures** The life of the King's grandmother through memorable photographs.
8.00 **It's a Royal Knockout! Inside Prince Edward's Gameshow** The story of the one-off edition of *It's a Knockout* in 1987.
9.00 **Princess Margaret & Roddy: A Scandalous Affair** The story of Princess Margaret's affair with baronet and garden designer Roderick Llewellyn.
10.00 **The Rise & Fall of John Leslie** Documentary charting the career of the TV presenter.
11.00 **Taggart** *Out of Bounds.*
1.05 **to 4.00** AM **Prisoner: Cell Block H**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Family Fortunes**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable**
2.00 **Bridge of Lies**
3.00 **The Chase** Double bill.
5.00 **The Chase Celebrity Special** Patsy Kensit, Natalie Anderson, Esther Rantzen and Brian McFadden take part. **6.00** With guests Ken Bruce, Paul Ince, Laila Morse and David Haye.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** With Nigel Havers, Dave Gorman, Melinda Messenger and Michelle Hardwick.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions.
2.00 AM **The Chase**
4.00 **The Chase: I'm a Celebrity Special**
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **The Big Bang Theory**
7.00 PM **The Big Bang Theory** 5/24. Raj and Howard clash over a show at the planetarium. **7.30** 6/24. Howard dresses up as Sheldon for Halloween. (S12)
8.00 **Georgie and Mandy's First Marriage** 7/22. Georgie worries that he is leaving Connor out. **8.30** 8/22. Tensions rise when Georgie intrudes on Mandy's new gig. (S1)
9.00 **Unacceptable** New edition Alex Brooker says 'football shouldn't come home', while Lou Sanders wants to ban pets.
10.00 **Unacceptable**
12.00 M'T **Zero Stars**
1.00 AM **Young Sheldon**
3.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **Friends** Sitcom.
7.00 PM **Mr Bean** Bean plans a festive holiday. **7.30** The bungling buffoon gives his hotel room a makeover. **8.00** The hapless hero bags himself a bargain. **8.30** The bumbling hero visits the fair. **9.00** Mr Bean lives up to his reputation during a visit to a school. **9.30** The hapless fool plays crazy golf.
10.00 **8 Out of 10 Cats**
11.40 **Gods of the Game**
12.10 AM **The Comedy Bus**
12.40 **Lee Evans Live at Wembley** Stand-up.
2.40 **MTV Cribs: Comedians Specials** With Tom Allen.
2.55 **Gods of the Game**
3.20 **Utopia** 8/8. (S5)
3.50 **Teachers** 20/20. (S3)
4.15 **to 5.00** AM **Stupid Central**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S1)
6.50 **Rosie Jones Tries to Help** Harriet Kemsley.
7.00 **Teleshopping**
9.00 **Stupid Central**
11.00 **Criminally Funny**
7.00 PM **Friends** 20/24. The guys enjoy a ride in a police car. **7.30** 21/24. Phoebe learns Gary plans to ask her to move in with him. **8.00** 22/24. Joey gets a shock in Las Vegas. **8.30** 23/24. The pals visit Las Vegas. (S5) **9.00** 21/24. Chandler and Ross face two bullies at Central Perk. **9.30** 22/24. Rachel has an eventful birthday. (S2)
10.00 **Friends** (S2&3)
2.00 AM **Impractical Jokers**
3.00 **The Daily Show**
4.50 **Mike Judge's Beavis and Butt-Head** (S3)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **On the Buses**
9.35 **Whatever Happened...**
11.25 **FILM George and Mildred** (1980) ★★
1.15 PM **FILM Bless This House** (1972, U) ★★
3.05 **Steptoe and Son Xmas 1973** 8/8. (S7)
3.55 **Steptoe & Son: A Perfect Christmas** (S8)
4.50 **Birds of a Feather** (S11)
6.20 **Birds of a Feather Christmas Special** (S12)
7.15 **Birds of a Feather**
7.55 **Minder** 2/10. (S10)
9.00 **Benidorm** 2/7. (S6)
9.55 **Shameless** 2/16. (S5)
11.05 **Man About the House**
11.35 **Mind Your Language**
12.05 AM **Benidorm** 2/7. (S6)
1.05 **Minder** 11/13. (S2)
2.05 **Duty Free** 4/7. (S2)
2.30 **Man About the House**
2.55 **The Kenny Everett Video Show**
3.25 **That's 60s**
4.00 **to 5.00** AM **Nearest and Dearest**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Dallas Cowboys Cheerleaders**
10.00 **Catfish: The TV Show**
12.00 NOON **Catfish: Troublemakers**
1.00 PM **Judge Judy**
6.00 **Beauty and the Geek Australia** The last elimination of the contest decides who will make it to the Grand Final. **7.30** One couple are crowned as the winners in the Grand Final.
9.00 **Skin A&E** Dr Dev deals with a mole called Molly, while Dr Emma takes on a massive cyst.
10.00 **Tattoo Fixers**
12.00 M'T **Ink Master**
1.00 AM **Jersey Shore Family Vacation**
2.00 **Ghosted: Love Gone Missing** Documentary.
2.45 **All Star Shore**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

Discovery

125/126 138 177 320 325

6.00 AM **Wheeler Dealers**
12.00 NOON **Building Off the Grid**
2.00 PM **Alaska: Homestead Rescue** The Raneys help a family struggling to survive in their home made of tyre bales. **3.00** The Raneys continue to rescue a tyre bale home. **4.00** The Raneys attempt to help an Oregon couple with a toxic salt water well. **5.00** Marty must move a failing cabin onto a flood-proof foundation. **6.00** The Raneys must move a cabin into the flood zone.

7.00 Alaska: Homestead Rescue

7.00 Alaska: Homestead Rescue New edition When flash floods threaten Misty's Kauai farm, the Raneys unite.

8.00 Alaska: Homestead Rescue The Raneys reveal unseen builds and share their most memorable moments.

9.00 Barnwood Builders The guys share memories as they take down an old tobacco barn in Kentucky.

10.00 Deadliest Catch A new generation lays claim to an industry that Sig Hansen helped pioneer.

11.00 **Mighty Truckers** A trucker couple start a new life driving for a Norwegian company.
12.00 M'T **Kindig Customs** A road warrior from Alaska arrives to help improve a solid build.
1.00 AM **Kindig Customs**
3.00 **to 5.00** AM **American Chopper**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat that is scared of its own tail. **4.00** A softly-spoken musician feels abused by her cat.
5.00 **Treehouse Masters** Pete Nelson designs a thrill-seeker's treehouse in Washington.
6.00 **Bad Dog!** A dog that adores ice-cream, and a parrot with a habit of rapping and swearing.

8.00 Treetop Cat Rescue

7.00 How Do Animals Do That? How hyenas can eat pretty much anything. **7.30** A squirrel's ability to hide up to 10,000 nuts.

8.00 Treetop Cat Rescue Shaun braves wet conditions to rescue a cat. **8.30** Tom is called out on a late-night mission.

9.00 Alaskan Bush People: Book of Billy An interview with Billy, the Brown family patriarch.

10.00 Tanked A businessman wants to complete his new office with three tanks, so the team work on three interiors.

11.00 **Alaska: The Last Frontier** Otto and Eivin fight to douse a raging fire on Kilcher beach that threatens the homestead.
12.00 M'T **River of No Return**
1.00 AM **Saved by the Barn**
2.00 **The Haunted**
3.00 **Little Giants**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **To Catch a Smuggler**
10.00 **Air Crash Investigation**
12.00 NOON **Engineering by Catastrophe** Documentary.
1.00 PM **Lost Treasures of Egypt**
3.00 **Rise and Fall of the Mayas** A discovery challenges beliefs about the Maya civilisation. **4.00** The steps that turned the Maya people into a civilisation.
5.00 **Air Crash Investigation** The Air Inter Flight 148 crash. **6.00** The accident that befell West Caribbean Airways Flight 708 in August 2005.

7.00 Hidden Beneath the Cities

7.00 Hidden Beneath the Cities New edition A Revolutionary War-era ship found in the rubble of the World Trade Centre.

8.00 Tucci in Italy Stanley Tucci discovers how adversity has shaped Naples and Campania.

9.00 Tucci in Italy The actor explores Sicily, uncovering its proud culinary traditions and special characteristics.

10.00 Tucci in Italy Stanley unearths some culinary treasures in the lesser-known region of Le Marche.

11.00 **Decoding History's Prophecies** Cases of psychic detectives, miracle healers and ancient prophets.
12.00 M'T **Seconds from Disaster** An investigation into the crash of a cargo plane in 1992.
1.00 AM **Car S.O.S** Tim and Fuzz restore a Wolseley Hornet. **2.00** A VW Polo G40.
3.00 **to 5.00** AM **Megafactories**

Sky History

123/124 115/116 131 353 368

6.00 AM **What on Earth?**
8.00 **Storage Wars** Triple bill.
11.00 **Storage Hunters**
1.00 PM **Pawn Stars** Triple bill of the series, including at: **3.00** The Harrisons' negotiation skills are tested.
4.00 **History's Deadliest with Ving Rhames** The actor explores the most prolific and powerful forces of death. **5.00** A look at some of the deadliest secret missions. **6.00** Deaths caused by engineering disasters.

4.00 History's Deadliest

7.00 Bradley Walsh: Egypt's Cosmic Code Exploring Ancient Egypt's greatest monuments.

8.00 Bradley Walsh: Egypt's Cosmic Code The presenter considers the riddle of the Sphinx.

9.00 Bradley Walsh: Egypt's Cosmic Code Bradley sets out to uncover the mysteries of King Tutankhamun.

10.00 World War II with Tom Hanks The leaders of Germany and Japan deploy opposite strategies on their home fronts.

11.00 **World War II with Tom Hanks** A look at the resistance to Nazi occupation and oppression throughout the war.
12.00 M'T **Mysteries Unearthed with Danny Trejo** A look into some of the discoveries that defy explanation.
1.00 AM **Storage Hunters**
3.00 **Pawn Stars** Double bill.
5.00 **to 6.00** AM **What on Earth?**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Joseph Cotten** A profile of the actor.
7.00 **Discovering: Daniel Day-Lewis**
8.00 **The Directors**
9.00 **Hitsville: The Making of Motown** Documentary.
11.00 **I Am Johnny Cash**
12.45 PM **My Icon: Nasser Hussain**
1.00 **Brazil 2002**
2.50 **My Icon: Natasha Jonas**
3.00 **Bobby Robson: More Than a Manager** Documentary.
5.00 **Terry Venables: A Man Can Dream** The life of the football played-turned-manager.

7.00 Bardot

7.00 Bardot A look at the life and career of actor Brigitte Bardot, examining the hardships, trials and struggles she faced as well as her work and legacy.

9.00 Tell Them You Love Me Documentary exploring the story of esteemed university professor Anna Stubblefield's controversial affair with Derrick Johnson, a non-verbal man with cerebral palsy.

11.00 **The Essex Murders** 1-3/3. Documentary about the killing of three notorious criminals known as the Essex Boys, who were found shot dead in 1995.
2.00 AM **Kings of Coke** The story of one of North America's most feared criminal organisations.
3.45 **My Icon: Deta Hedman**
4.00 **to 6.00** AM **The Loneliest Whale: The Search for 52**

7 PM
8 PM
9 PM
10 PM

Sunday

Quest

140/141 149 128/137 17 145 18

6.00 AM **American Pickers**
9.00 **Celebrity Yorkshire Auction House**
11.00 **The Yorkshire Auction House** Double bill.
1.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Angus Ashworth: Yorkshire Heritage Hero** Deep in the Yorkshire Dales, Angus scours Constable Burton House for items that can be sold to help fund an ambitious renovation.
8.00 **The Repair Shop** The team restore a toolbox, a plate camera and a marionette theatre.
9.00 **The Repair Shop**
1.00 AM **Ant Anstead Master Mechanic**
3.00 **Wheeler Dealers: Dream Car**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Forensic Detectives**
11.00 **Faking It: Tears of a Crime** Shana Grice.
12.00 NOON **FBI Files**
3.00 PM **True Crime with Aphrodite Jones**
7.00 **True Crime with Aphrodite Jones** A man executed in Atlanta. **8.00** The death of a man in an apparent accident.
9.00 **A Killer's Mistake** A wife plots to get her hands on her husband's life insurance policy.
10.00 **Faking It: Tears of a Crime** A young mother seemingly disappears.
11.00 **Lethally Blonde**
12.00 M'T **Faking It: Tears of a Crime** Documentary.
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **UK Crime Files: Murder of a Lonely Hearted Wife** The case of Hassan Shatanawi.
8.00 **UK Crime Files: World's End Murders** The story of two teens who vanished after leaving a pub in 1977.
9.00 **UK Crime Files: No Honour Killing** The case of Banaz Mahmod.
10.00 **UK Crime Files: The Killing of a Deaf Girl** The 1988 murder of Suzanne Greenhill.
11.00 **UK Crime Files: Murder Without a Body**
12.00 M'T **UK Crime Files: A Mistress Scorned**
1.00 AM **Britain's Countryside Killers**
2.00 **Killers: Caught on Camera** Documentary.
3.00 **Murder Book**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **Secrets of a Murder Detective**
2.00 PM **UK Crime Files: Dating App Murder** How police captured the killers of Timothy Smith.
3.00 **UK Crime Files: Child Killers** The 1993 murder of James Bulger.
4.00 **UK Crime Files: Murder of the Secret Millionaire** The story of a millionaire murdered in Hammersmith.
5.00 **UK Crime Files: The Seaside Strangler** A look at the case of Stephen Akinmurele.
6.00 **UK Crime Files: Double Murders** Simon Toyne revisits a case involving an apparent suicide plot in County Derry.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Highway Cops**
7.00 **A1: Britain's Longest Road** Documentary.
8.00 **Road Wars**
9.00 **Caught on Dashcam**
11.00 **Caught Red Handed**
2.00 PM **Forensics: Catching the Killer** Double bill.
4.00 **The Real Manhunter**
5.00 **Killing Mum and Dad**
6.00 **Killer in My Village**
7.00 **Forensics: Catching the Killer** Double bill.
9.00 **The Priest and the Paedophile Hunter** 1&2/2. The case of Crystal Hunnisett.
11.10 **Killer in My Village**
12.05 AM **What the Killer Did Next** Debbie Starbuck.
1.00 **World's Most Evil Killers**
2.00 **Britain's Most Evil Killers**
3.00 **The Real Manhunter**
4.00 **Brit Cops: Law & Disorder** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Edwardian Britain in Colour** Double bill.
10.00 **Thirties in Colour: Countdown to War**
1.00 PM **Victorian Britain on Film** Documentary.
2.30 **Edwardian Britain in Colour** Double bill.
4.30 **Thirties in Colour: Countdown to War**
7.30 **Silent War: The Shadow of Atomic Bombs** 1/2. How nuclear powers turned remote lands and marginalised peoples into laboratories of the atomic age. **8.35** 2/2. Focusing on the hydrogen bomb age.
9.40 **Bombshell** How the US government manipulated public opinion on the atomic bomb during World War Two.
11.30 **Weathered: Earth's Extremes**
12.00 M'T **to 2.00** AM **Victorian Britain on Film** Documentary.

SUNDAY

Sunday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Dogs with Extraordinary Jobs** Double bill of editions.
8.00 **My Best Friend's an Animal**
10.00 **Super Shark Highway**
12.00 NOON **Volcanic Odysseys**
1.00 PM **Extreme Africa**
3.00 **Big Cats: An Amazing Animal Family** Double bill of editions.
5.00 **Superbeast** New edition Nature's ultimate athletes.
6.00 **NEW Slovenia: Where Nature Comes First** Exploring the natural wonders of Slovenia.
7.00 **David Attenborough's Kingdom of Plants** 1/3. The wonders of the botanical world. **8.00** 2/3. A look at how plants change through the seasons. **9.00** 3/3. A look at how some species have reduced their dependence on water.
10.00 **Superbeast** As 5.00pm.
11.00 **Slovenia: Where Nature Comes First** As 6.00pm.
12.00 M'T **High Life in the Dead Mountains** Documentary.
1.00 AM **Impossible Animals**
4.00 **to 6.00** AM **Undiscovered Vistas**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Digging for Britain**
11.00 **Kevin Costner's The West**
1.00 PM **Britain's Lost Battlefields with Rob Bell** Rob investigates the Battle of Watling Street.
2.00 **Ancient Aliens**
4.00 **Digging for Britain**
6.00 **Battle 360** Documentary.
7.00 **Bone Detectives: Britain's Buried Secrets** Europe's most excavated monastic site.
8.00 **Crimes That Shook Britain** Events that led to the murders of Lin and Megan Russell in 1996. **9.00** The case of Beverley Allitt. **10.00** The murder of eight-year-old Sarah Payne in 2000.
11.00 **Ancient Aliens** How ancient aliens may have helped to guide and define mankind. **12.00** M'T Investigating what the God Particle reveals.
1.00 AM **Battle 360**
2.00 **Secret Wars Uncovered**
3.00 **Combat Ships**
4.00 **Crimes That Shook Britain**
5.00 **to 6.00** AM **Discovered by Disaster**

Discovery Science

167 148 179

8.00 AM **The Dino Hunters**
10.00 **How It's Made**
12.00 NOON **How It's Made: Dream Cars** Double bill.
1.00 PM **How Do They Do It?**
1.30 **How It's Made: Dream Cars**
2.00 **Street Science** Four editions.
4.00 **Truth Behind the Moon Landing** Double bill.
6.00 **How It's Made** Four editions of the series, including at: **7.00** How gingerbread houses and livestock trailers are made. **7.30** The creation of traffic signal poles, coffee filters and chainsaw mining machines.
8.00 **Mysteries of the Deep** Jeremy investigates one of the Bermuda Triangle's most infamous disappearances.
9.00 **The Dino Hunters**
12.00 M'T **Alien Highway** Double bill.
2.00 AM **NASA's Unexplained Files**
4.00 **How It's Made: Dream Cars**
5.00 **How Do They Do It?**
5.30 **to 6.00** AM **How It's Made: Dream Cars**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **Killer Britain with Dermot Murnaghan** Double bill.
8.00 **Cops Who Kill with Will Mellor**
10.00 **Murdertown** Double bill.
12.00 NOON **999: Killer on the Line**
2.00 PM **Crimes That Shook Britain**
4.00 **Meet, Marry, Murder**
7.00 **Alaska State Troopers** Officers pursue petrol thieves.
8.00 **Cold Case Files** Susan Schwarz is found shot in her apartment.
9.00 **The Death Investigator with Barbara Butcher** Suitcases of dismembered remains wash ashore in Virginia Beach.
10.00 **Cold Case Files** A small Pennsylvania town is shaken by a child's murder in 1964. **11.00** A 20-year investigation into the death of Lisa Ziegert.
12.00 M'T **Staged: Deadly Deception** Cases where crime scenes were staged to conceal the truth.
1.00 AM **Cold Case Files: Murder in the Bayou**
2.00 **Accident, Suicide or Murder?**
5.00 **to 6.00** AM **Killer in Plain Sight**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
10.00 **Africa's Wild Geniuses**
11.00 **Africa's River Titans**
12.00 NOON **The Last Rhinos: A New Hope** Documentary.
1.00 PM **Chasing Rhinos**
2.00 **Kalahari: Africa's Underground Desert**
3.00 **Gorongosa: Paradise Reborn**
4.00 **Secrets of the Zoo: Tampa**
5.00 **Critter Fixers: Country Vets** New edition VJ heads to the Royal Veterinary College.
6.00 **Heartland Docs** New edition The Schroeders help round-up several hundred head of cattle.
7.00 **Baby Animal Rescue**
8.00 **Secrets of the Bees** 1/2. Insights into bee intelligence. **9.00** 2/2. Challenges facing bees around the world.
10.00 **Polar Worlds With Bertie Gregory** The wildlife filmmaker travels through both poles.
11.00 **When Sharks Attack 360**
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **When Sharks Attack**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

161/172 147 181

7.00 AM **Shed and Buried**
9.00 **Massive Engineering Mistakes**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides** Triple bill.
6.00 **Apollo: The Forgotten Films** An extensive search for unseen footage of the 1969 Moon landing, exploring the story behind these iconic images.
8.00 **Blowing Up History** A team of experts use drone technology to explore the tunnels hidden below an Egyptian pyramid for the very first time.
9.00 **Salvage Hunters: The Restorers** Nick is faced with his most unusual project yet – a fairground Dodgem car. **10.00** An unusual 90-year old oil lamp and a glamourous steam trunk are revived. **11.00** A ravaged carousel horse, a valuable 1930s sofa and a 100-year-old weathervane are rescued.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Alaska: Earth's Frozen Kingdom** Double bill.
11.00 **Brit Cops Down Under**
1.00 PM **Alaska: Earth's Frozen Kingdom** Double bill.
3.00 **Brit Cops Down Under**
5.00 **Alaska: Earth's Frozen Kingdom** Double bill.
7.00 **Brit Cops Down Under** Seven British police officers uproot their lives and move across the world to become Western Australian cops. **8.00** Ben works his first day at Perth station, which coincides with Christmas Day.
9.00 **Alaska: Earth's Frozen Kingdom** Summer arrives and grizzly bears fatten up on a sudden wealth of salmon. **10.00** The challenges faced by the state's tough and animal and human inhabitants.
11.00 **Brit Cops Down Under**
1.00 AM **David Attenborough's Natural Curiosities**
5.30 **to 6.00** AM **Great British Railway Journeys**

+1hour 266 376

ID

154 140 166

8.00 AM **Twisted Love**
9.00 **Love Kills** Triple bill.
12.00 NOON **Faking It: Tears of a Crime** Four editions.
4.00 PM **American Monster** The double lives of the US's most terrifying killers and abductors. **5.00** A family thrive until a betrayal tears them apart. **6.00** A man's erratic behaviour and love of guns plague his fresh start in Spirit Lake, Idaho. **7.00** A call reports a shocking event and tears families apart.
8.00 **Evil Lives Here** The case of stalked teenager Sarah Garone. **9.00** Officers arrest Edwin Kaprat for murdering at least five people and suspect he is responsible for more deaths.
10.00 **The Real Murders on Elm Street** Footprints and a missing shoe may lead to a killer.
11.00 **Murder on CCTV** Double bill.
1.00 AM **People Magazine Investigates** Documentary.
2.00 **Where Murder Lies**
4.00 **to 6.00** AM **Still a Mystery**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **Supertruckers**
10.00 **Extreme RVs**
11.00 **Extreme Car Hoarders**
12.00 NOON **Faster with Finnegan** The LS-powered S-15 mini truck gets revamped. **1.00** PM Mike and his friends recycle a supercharger. **2.00** The guys transform a Miata into the ultimate nitrous toy. **3.00** Rebuilding a mega truck. **4.00** Racing a Mustang and a 1979 Chevy Malibu.
5.00 **Shed and Buried: Classic Cars**
7.00 **Wheeler Dealers** Mike and Ant get hold of a Datsun Roadster. **8.00** A Lotus Elan M100 is given a new lease of life. **9.00** Mike and Ant take on an Alfa Romeo Spider Quadrifoglio. **10.00** Mike and Ant start work on a 1969 Opel GT. **11.00** Mike goes in search of a Renault Alpine A310. **12.00** M'T Mike unearths a 1973 Toyota Celica but almost everything needs work.
1.00 **to 4.00** AM **Supertruckers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Grand Prix of Europe** Animation. (2025, U, 98min)
7.40 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
9.15 **Wicked: For Good** (2025)
11.40 **Bugonia** Comedy thriller. (2025, 15, 118min) ★★★★
1.40 PM **Anaconda** As 8.00pm.
3.25 **In Cold Light** As 11.40pm.
5.05 **The Making of The Odyssey**
5.35 **Wicked: For Good** Fantasy sequel. (2025, PG) ★★★

9.45 Night Patrol

8.00 Anaconda Action comedy starring Jack Black and Paul Rudd. Two friends encounter a terrifying creature while remaking their favourite movie. With Thandiwe Newton. (2025, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 PREMIERE Night Patrol Horror thriller starring Jermaine Fowler and Justin Long. An LA cop discovers a task force is hiding a secret that puts the residents of his neighbourhood in danger. (2025, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 In Cold Light Crime thriller starring Maika Monroe. (2025, 15, 96min) ★★★
1.25 AM **Lee Cronin's The Mummy** Supernatural horror starring Jack Reynor and Natalie Grace. (2026, 18, 134min) ★★★
3.50 to 6.00 AM **Strung** Thriller starring Chloe Bailey and Lynn Whitfield. (2026, 15, 119min)

Sky Cinema Directors

303 303 403 503 517

6.10 AM **Erin Brockovich** (2000)
8.25 **The Lord of the Rings: The Return of the King** Fantasy. (2003, 12, 201min) ★★★★★
11.45 **The Making of The Odyssey**
12.15 PM **Dunkirk** Wartime drama. (2017, 12, 106min) ★★★★★
2.10 **Inception** Sci-fi thriller starring Leonardo DiCaprio. (2010, 12, 148min) ★★★★★
4.40 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
7.30 **The Making of The Odyssey**

10.45 No Country for Old Men

8.00 One Battle After Another Action thriller starring Leonardo DiCaprio. A washed-up revolutionary scrambles to find his missing daughter when his evil nemesis resurfaces. With Sean Penn. (2025, 15, 161min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 No Country for Old Men Crime thriller starring Tommy Lee Jones, Javier Bardem and Josh Brolin. A dogged lawman and a ruthless contract killer pursue a Texan who has made off with $2million in drug money. (2007, 15, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **GoodFellas** Martin Scorsese's gangster drama. (1990, 18, 143min) ★★★★★
3.25 Erin Brockovich Legal drama. (2000, 15, 133min) ★★★★
5.45 to 6.00 AM **The Cinema List: Heroes**

Sky Cinema Drama

310 310 410 510 524

7.20 AM **Flashdance** Dance drama. (1983, 15, 96min) ★★★
9.05 **A Star Is Born** As 10.05pm.
11.30 **Rocketman** Elton John biopic. (2019, 15, 121min) ★★★★
1.40 PM **Downton Abbey: The Grand Finale** Period drama. (2025, PG, 123min) ★★★★
3.50 **The Blind Side** Fact-based drama starring Sandra Bullock. (2009, 12, 129min) ★★★
6.00 **Materialists** Romantic comedy drama starring Dakota Johnson. (2025, 15, 116min) ★★★★
8.00 **The Choral** Period comedy drama starring Ralph Fiennes. A choral society's male members enlist in World War One, leaving the demanding Dr Guthrie to recruit teenagers in their place. (2025, 15, 113min) ★★★★
10.05 **A Star Is Born** Music drama starring Lady Gaga and Bradley Cooper, who also directed. (2018, 15, 136min) ★★★★★
12.30 AM **The Brutalist** Epic period drama starring Adrien Brody, Felicity Jones and Guy Pearce. (2024, 18, 215min) ★★★★★
4.00 **to 6.10** AM **The Friend** Drama based on the novel by Sigrid Nunez, starring Naomi Watts. (2024, 15, 123min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

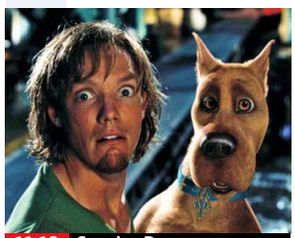
6.50 AM **The Cinema List: Spielberg**
7.05 **We Bury the Dead** Horror. (2024, 15, 94min) ★★★★
8.50 **Brightburn** As 6.20pm.
10.30 **Arrival** Sci-fi action drama. (2016, 12, 116min) ★★★★★
12.35 PM **Final Destination: Bloodlines** Supernatural horror. (2025, 15, 110min) ★★★★
2.35 **They Will Kill You** Horror comedy. (2025, 15, 94min) ★★★
4.30 **Pet Sematary** Horror with Jason Clarke. (2019, 15, 101min) ★★★
6.20 **Brightburn** Horror with David Denman and Elizabeth Banks. (2019, 15, 90min) ★★★
8.00 **Nosferatu** Horror starring Bill Skarsgård and Lily-Rose Depp. (2024, 15, 132min) ★★★★
10.25 **Weapons** Horror starring Julia Garner. When all but one child from one class vanish on the same night, a community is left questioning their disappearance. (2025, 18, 128min) ★★★★★
12.40 AM **Bring Her Back** Mystery thriller starring Sally Hawkins. (2025, 18, 104min) ★★★★
2.30 **From Dusk Till Dawn 3: The Hangman's Daughter** Chiller sequel. (2000, 18, 94min) ★★
4.15 **to 6.05** AM **Johnny Mnemonic** Thriller. (1995, 15, 98min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.00 AM **Shark Tale** As 2.25pm.
7.40 **Buffalo Kids** Animation. (2024, U, 79min) ★★★
9.15 **Wicked** As 6.00pm.
12.00 NOON **Wicked: For Good**
2.25 PM **Shark Tale** Animation. (2004, U, 90min) ★★★★
4.00 **Jumanji: Welcome to the Jungle** Fantasy comedy. (2017, 12, 119min) ★★★★
6.00 **Wicked** Musical fantasy adventure with Cynthia Erivo. (2024, PG, 160min) ★★★★



11.10 Scooby-Doo

8.45 **Wicked: For Good** Musical fantasy adventure sequel starring Cynthia Erivo and Ariana Grande. Elphaba, the Wicked Witch of the West, must reunite with Glinda the Good to transform herself – and Oz. With Jeff Goldblum, Michelle Yeoh and Jonathan Bailey. (2025, PG, 137min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Scooby-Doo** Comedy adventure with Freddie Prinze Jr. (2002, PG, 86min) ★★★
12.50 AM **Scooby-Doo 2: Monsters Unleashed** Comedy adventure sequel. (2004, PG, 93min) ★★★
2.25 **Charlotte's Web** Adventure. (2006, U, 97min) ★★★
4.15 **The Cinema List: Family Favourites**
4.35 **to 6.10** AM **Babe** Comedy. (1995, U, 92min) ★★★★★

Sky Cinema Action

306 306 407 507 521

7.25 AM **The Cinema List: Jurassic**
7.40 **Days of Thunder** Drama. (1990, 15, 107min) ★★★
9.30 **Batman** Fantasy adventure. (1989, 15, 121min) ★★★★
11.40 **Batman Returns** Adventure. (1992, 12, 121min) ★★★★
1.50 PM **Batman Forever** Fantasy. (1995, 12, 121min) ★★★
3.55 **Batman & Robin** Fantasy. (1997, PG, 125min) ★★
6.05 **Venom** Fantasy adventure. (2018, 15, 112min) ★★★

6.05 Venom

8.00 **Transformers** Sci-fi action adventure inspired by the shape-changing toys, starring Shia LaBeouf, Tyrese Gibson and Josh Duhamel. A geeky teenager finds himself caught up in a titanic struggle between good and evil robots who are battling to recover their life source. (2007, 12, 144min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.30 **Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **Streetfighter** Action drama. (1994, 12, 102min) ★★
2.50 **Olympus Has Fallen** Action thriller. (2011, 15, 119min) ★★★
4.55 **Sky Cinema Preview**
5.35 **to 7.15** AM **Safe House** Thriller. (2025, 15, 90min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.30 AM **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
8.05 **Anaconda** As 6.10pm.
9.55 **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
11.50 **Notting Hill** Romantic comedy. (1999, 15, 120min) ★★★★
2.05 PM **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
4.05 **Mamma Mia! Here We Go Again** (2018, PG) ★★★★
6.10 **Anaconda** Comedy adventure. (2025, 12, 99min) ★★★

8.00 Pitch Perfect

8.00 **Pitch Perfect** Musical comedy set in the world of American college a cappella singing, starring Anna Kendrick. A wannabe DJ tries to shake up her college's all-female singing group. (2012, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.55 **Pitch Perfect 2** Comedy sequel starring Anna Kendrick. The Barden Bellas try to recover from a disastrous performance by winning the World Championships of A Cappella in Copenhagen. (2015, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Pitch Perfect 3** Comedy sequel. (2017, 12, 93min) ★★★
1.25 AM **Instant Family** Comedy. (2018, 12, 118min) ★★★★
3.25 **Liar Liar** Comedy. (1997, 12, 86min) ★★★★
4.55 **to 6.45** AM **Beetlejuice** **Beetlejuice** Comedy sequel. (2024, 12, 105min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.25 AM **Mob Cops** (2024, 15) ★
8.00 **Hallow Road** Thriller. (2025, 15, 80min) ★★★★
9.30 **Ocean's Eleven** Caper thriller. (2001, 12, 116min) ★★★★
11.30 **Civil War** Action thriller. (2023, 15, 109min) ★★★★
1.30 PM **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★
3.50 **Lethal Weapon 3** Thriller sequel. (1992, 15, 118min) ★★
5.50 **Ocean's Twelve** Thriller sequel. (2004, 12, 125min) ★★★★

5.50 Ocean's Twelve

8.00 **Jaws** Steven Spielberg's thriller starring Roy Scheider, Robert Shaw, Richard Dreyfuss and Lorraine Gary. A beach paradise on America's east coast turns into a blood-soaked nightmare when a killer shark goes on the rampage. (1975, 12, 125min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.10 **Lethal Weapon 4** Action comedy thriller sequel starring Mel Gibson and Danny Glover. The LA cop duo tangle with a gangster from the Hong Kong underworld. (1998, 15, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Fatal Attraction** Thriller. (1987, 15, 120min) ★★★★
2.30 **One Last Deal** Drama. (2026, 18, 89min) ★★★★
4.05 **Maggie Moore(s)** Comedy thriller. (2023, 15, 99min) ★★★
5.50 **to 7.40** AM **Sew Torn** Thriller. (2024, 15, 100min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Fixed Bayonets!** Samuel Fuller's Korean War drama. (1951, b/w, PG, 93min) ★★★
12.50 PM **Sword of Sherwood Forest** Robin Hood adventure. (1961, U, 80min) ★★★
2.30 **Robin and Marian** Drama. (1976, PG, 106min) ★★★★★
4.40 **Turner & Hooch** Comedy. (1989, PG, 99min) ★★★
6.45 **Gemini Man** Action drama. (2019, 12, 117min) ★★

6.45 Gemini Man

Gemini Man (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **White House Down** Action thriller starring Channing Tatum and Jamie Foxx. A lone cop strives to save the day after heavily armed terrorists seize control of the White House. With Maggie Gyllenhaal. (2013, 12, 131min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.35 **The Dive** Thriller starring Louisa Krause and Sophie Lowe. A woman is struck by a rock and trapped underwater while deep-sea diving, leaving her sister to try and save her. (2023, 15, 91min) ★★★
1.20 **to 3.10** AM **Anaïs in Love** French romance starring Anaïs Demoustier. Subtitled. (2021, 15, 98min) ★★★★

11 PM

+1 hour 314 430 47 301 257

Sky Cinema 2026 Recap

302 302 402 502 516

7.15 AM **Pets on a Train** Animation. (2025, PG, 87min) ★★★
8.45 **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★
10.20 **Flavia** Adventure with Molly Belle Wright and Martin Freeman. (2026, PG, 100min) ★★★
12.00 NOON **The Bad Guys 2** Animated adventure sequel with the voice of Sam Rockwell. (2025, PG, 104min) ★★★★
1.50 PM **How to Train Your Dragon** Fantasy with Mason Thames. (2025, PG, 125min) ★★★★
4.00 **Jurassic World: Rebirth** Fantasy with Scarlett Johansson. (2025, 12, 133min) ★★★
6.15 **Xeno** Adventure starring Lulu Wilson. (2025, 15, 103min) ★★★
8.00 **28 Years Later** Danny Boyle's horror sequel with Jodie Comer. (2025, 15, 115min) ★★★★
10.00 **Black Phone 2** Horror thriller sequel starring Ethan Hawke. (2025, 18, 114min) ★★★★
12.00 M'T **Bone Lake** Comedy thriller. (2024, 18, 94min) ★★★
1.40 AM **Borderline** Dark comedy horror. (2025, 15, 94min) ★★★
3.20 **No Ordinary Heist** Thriller. (2026, 15, 99min) ★★★
5.05 **to 6.45** AM **Coyotes** Comedy. (2025, 15, 100min) ★★★

Sky Cinema Greats

307 307 404 504 518

6.30 AM **Gremlins 2: The New Batch** Horror comedy sequel. (1990, 12, 107min) ★★★
8.30 **The Lost Boys** Vampire tale. (1987, 15, 98min) ★★★★
10.10 **The 7th Voyage of Sinbad**
11.45 **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★
1.25 PM **The Shining** Horror with Jack Nicholson and Shelley Duvall. (1980, 15, 119min) ★★★★★
3.50 **Enter the Dragon** Action thriller starring Bruce Lee. . (1973, 18, 97min) ★★★★
5.35 **Robin Hood: Prince of Thieves** Adventure with Kevin Costner. (1991, PG, 138min) ★★
8.00 **First Knight** Mythical drama starring Sean Connery, Richard Gere and Julia Ormond. (1995, PG, 134min) ★★★
10.20 **Event Horizon** Sci-fi horror thriller starring Laurence Fishburne and Sam Neill. (1997, 18, 96min) ★★★
12.00 M'T **The Krays** Crime drama. (1990, 18, 119min) ★★★
2.00 AM **The Hunt for Red October** Thriller. (1990, PG) ★★★★
4.25 **Sky Cinema Preview**
5.00 **to 6.30** AM **The 7th Voyage of Sinbad** Fantasy adventure. (1958, U, 87min) ★★★★

Disney+ Cinema

305 305

6.00 AM **The Princess Diaries** Comedy. (2001, U, 115min) ★★★
8.00 **The Jungle Book** Adventure. (2016, PG, 104min) ★★★★
9.45 **Ratatouille** Animated comedy. (2007, U, 106min) ★★★★★
11.40 **Cars 2** Animated comedy sequel. (2011, U, 102min) ★★★
1.30 PM **Finding Nemo** Animated family comedy adventure. (2003, U, 104min) ★★★★★
3.15 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
5.00 **Maleficent** Fantasy adventure. (2014, PG, 97min) ★★★★
6.40 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
9.00 **Tomorrowland: A World Beyond** Fantasy adventure starring George Clooney. (2015, 12, 130min) ★★★
11.10 **Gifted** Drama starring Chris Evans. (2017, 12, 101min) ★★★★
12.55 AM **Nightbitch** Dark comedy starring Amy Adams and Scoot McNairy. (2024, 15, 99min) ★★★
2.35 **A Real Pain** Comedy drama. (2024, 15, 90min) ★★★★★
4.10 **to 6.00** AM **Percy Jackson: Sea of Monsters** Fantasy sequel. (2013, PG, 102min) ★★★

Movies 24

312 313 419

7.00 AM **Tidings for the Season** Drama. (2025, U, 89min) ★★
9.00 **The More the Merrier** Medical drama. (2025, PG, 90min) ★★
11.00 **Following Yonder Star** Festive drama. (2024, PG, 84min) ★★
1.00 PM **The Christmas Quest** Drama. (2024, PG, 90min) ★★
3.00 **A Christmas Less Travelled** Drama with Candace Cameron Bure. (2024, PG, 90min) ★★
5.00 **A Novel Noel** Festive romantic drama. (2024, PG, 90min) ★★
7.00 **Holiday Crashers** Comedy with Lyndsy Fonseca and Daniella Monet. Two friends make up fake identities so that they can sneak into a high society Christmas party. (2024, PG, 90min) ★★
9.00 **12 Days of Christmas Eve** Comedy with Kelsey Grammer. Santa gives a man 12 chances to re-do 24 December and find the true meaning of Christmas. (2022, PG, 90min) ★★
11.00 **Christmas in Notting Hill** Drama. (2023, PG, 84min) ★★
1.00 AM **Christmas on Call** Festive drama. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **This Time Each Year** Drama. (2024, PG) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **A Tale of Five Cities** Drama. (1951, b/w, PG, 86min) ★★
7.45 **Fate Takes a Hand** Drama. (1961, b/w, PG, 72min) ★★
9.15 **The Drum** Adventure starring Sabu. (1938, U, 96min) ★★★
11.05 **Batman** 13/26. (S3)
11.40 **For Those In Peril** War drama. (1944, b/w, PG, 64min) ★★
1.00 PM **Pollyanna** Period drama.
3.00 **Dial 999** 9/39. (S1)
3.30 **For the Love of Ada** 5/6. (S1)
4.00 **The Man from UNCLE** (S2)
5.00 **The Footage Detectives**
6.00 **The Winslow Boy** Drama. (1948, b/w, U, 117min) ★★★★
8.20 **A Game of Murder** Crime drama starring Gerald Harper.
9.25 **The Horror of Frankenstein** Hammer chiller starring Ralph Bates and Veronica Carlson. (1970, 15, 95min) ★
11.25 **Night of the Big Heat** Sci-fi chiller. (1967, 18, 94min) ★
1.15 AM **The Heritage Chart Show**
2.20 **Where Has Poor Mickey Gone?** Fantasy with Warren Mitchell. (1964, b/w, 18, 60min) ★★
3.30 **The Rogues** 25/30. (S1)
4.30 **The Adventures of Robin Hood** 30/39. Drama. (S1)
5.00 **The Buccaneers** 29/39. (S1)
5.30 **to 6.00** AM **Supercar**

Sunday

Sky Sports Main Event

401 401 501 419 439

- 6.00 AM **LIVE Major League Cricket** Coverage of the final at Oakland Coliseum in California. Last year's showpiece saw MI New York go home with the trophy thanks to a thrilling five-run win.
- 7.00 **World Cup Breakfast**
- 8.00 **Sunday at The Open**
- 10.00 **LIVE The Open** Day four of the fourth Major of the held at Royal Birkdale Golf Club in Southport, Merseyside. Scottie Scheffler secured the Claret Jug with a three-under-par 68 in the final round from Royal Portrush Golf Club last year, ensuring he scored a sub-70 round on all four days of the tournament.
- 7.30 PM **LIVE World Matchplay Darts** Coverage of the evening session on day two staged at Winter Gardens in Blackpool, featuring four first-round matches. Luke Littler impressed with a one-sided 10-2 triumph over Ryan Searle at this stage 12 months ago, while Gary Anderson also put in a stellar performance by beating Luke Woodhouse 10-5.
- 11.00 PM **to 6.00** AM **World Cup Report**

Sky Sports Premier League

402 402 502 420 440

- 6.00 AM **Premier League Review** A review of the 2025/26 season.
- 8.00 **Premier League Review** Goals, news and major talking points from around the top flight.
- 2.00 PM **Netbusters** Action from the 2025/26 season, featuring all of the goals, news and major talking points from around the top flight.
- 5.00 **Premier League Review** Action from the 27th round of fixtures.
- **6.00** Highlights from the 28th round of top-flight matches.
- **7.00** Action from the 29th round of top-flight matches.
- **8.00** The 30th round of fixtures.
- 9.00 **Premier League Review** Action from the 31st round of fixtures.
- **10.00** Highlights from the 32nd round of top-flight matches.
- 12.00 M'T **Premier League Years** Classic games, infamous blunders and moments of skill from the 2008/08 season, accompanied by all the hit tunes and breaking news of the campaign.
- 2.00 AM **PL Retro** Another chance to see Crystal Palace v Liverpool from the 2013/14 season.
- 4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

- 6.00 AM **Championship Retro**
- 8.00 **150 Years of the Edinburgh Derby** Hearts v Hibernian.
- 9.00 **SPFL Highlights**
- 9.30 **EFL Greatest Games**
- 10.00 **EFL Cup Highlights**
- 11.00 **SPFL Highlights**
- 11.30 **EFL Greatest Games**
- 12.00 NOON **EFL** The 12/13 play-offs.
- 3.00 PM **SPFL Highlights**
- 3.30 **EFL Greatest Games**
- 4.00 **EFL Cup Highlights** Liverpool v Newcastle United in 2024/25.
- 5.00 **Best Goals: EFL Cup 24/25**
- 5.30 **EFL Trophy Football**
- 6.00 **EFL** Burton Albion v Fleetwood Town in the 2013/14 League Two play-off final staged at Wembley.
- **7.00** Rotherham United v Leyton Orient in the 2013/14 League One play-off final at Wembley.
- **8.00** Derby County v Queens Park Rangers from 2013/14.
- 9.00 **SPFL Highlights**
- 9.30 **EFL Greatest Games**
- 10.00 **EFL Cup Highlights**
- 11.00 **Best Goals: EFL Cup 25/26**
- 11.30 **EFL Trophy Football**
- 12.00 M'T **EFL** The 22/23 play-offs.
- 3.00 AM **SPFL Highlights**
- 3.30 **EFL Greatest Games**
- 4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 505 422 442

- 6.00 AM **LIVE Major League Cricket** Coverage of the final at Oakland Coliseum in California.
- 7.00 **International T20 Cricket**
- 7.30 **Nepal Climbing Cricket's Mountain** Documentary.
- 8.00 **Women's T20 World Cup**
- 8.30 **One-Day International Cricket**
- 10.30 **LIVE One-Day International Cricket England v India.** Coverage of the third and final ODI of the series from Lord's Cricket Ground. The hosts are looking for their first series victory in this format since a 2-1 win at home in 2018. That success was only England's second ODI series win in their last nine attempts against their visitors. Since then, India have won three series on the trot, as well as coming out on top in seven of the last nine meetings between the two sides.
- 7.00 PM **Best of ICC WT20**
- 7.30 **Nepal Climbing Cricket's Mountain** Nepal's mission to become a Test-playing nation.
- 8.00 **One-Day International Cricket** Highlights from England v India.
- 1.00 AM **International T20 Cricket**
- 5.30 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 506 423 443

- 6.00 AM **The Open** Highlights.
- 8.00 **Sunday at The Open**
- 10.00 **LIVE The Open** Day four at Royal Birkdale Golf Club in Southport, Merseyside.
- 7.30 PM **The Open** The fourth day.
- 8.30 **Chronicles of a Champion**
- 9.00 **LIVE PGA Tour Golf** The fourth and final day of the Corales Puntacana Championship.
- 11.00 **The Open – Official Films**
- 12.00 M'T **US Open Official Films**
- 1.00 AM **The Open – Official Films**
- 2.00 **to 6.00** AM **The Open**

Sky Sports Tennis

408 408 508 425 445

- 6.00 AM **WTA & ATP Tennis**
- 10.00 **ATP Tour This Week**
- 10.30 **LIVE ATP Tennis** Coverage of the Swiss Open final in Gstaad.
- 12.30 PM **WTA & ATP Tennis**
- 1.00 **LIVE ATP Tennis** Swedish Open final at Båstad Tennis Stadium.
- 3.00 **WTA & ATP Tennis**
- 3.30 **LIVE WTA Tennis** The Iasi Open final held at Baza Sportiva Ciric.
- 5.30 **WTA & ATP Tennis**
- 6.00 **LIVE WTA Tennis** Coverage of the Athens Open final in Greece.
- 8.00 **ATP Tour This Week**
- 8.30 **WTA & ATP Tennis** Highlights.
- 2.30 AM **ATP Tour This Week**
- 3.00 **ATP Tennis** Croatia Open final.
- 5.00 **ATP Tour This Week**
- 5.30 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

- 6.00 AM **LIVE AFL Gold Coast Suns v Western Bulldogs.** Coverage of the match from People First Stadium on the Gold Coast. Bounce-up **6.15am**.
- 9.00 **LIVE AFL Essendon Bombers v GWS Giants.** Coverage of the match staged at Marvel Stadium in Melbourne. Bounce-up **7.40am**.
- 10.30 **Playing for Our Future**
- 10.45 **Tour de France Men Highlights**
- 11.45 **LIVE Tour de France Men** Coverage from the 15th stage of the Grand Tour race, a 183.9km mountain route to Plateau de Solaison from Champagnole.
- 5.30 PM **TNT Sports Cricket Reload**
- 6.00 **One-Day International Cricket** West Indies v New Zealand.
- 7.00 **LIVE One-Day International Cricket West Indies v New Zealand.** Coverage of the fourth ODI in the five-match series from Kensington Oval. The visitors are searching for their fourth straight ODI series victory against the West Indies.
- 4.00 AM **TNT Sports Reload**
- 4.30 **World Rally Championship**
- 5.00 **to 6.00** AM **British Superbikes**

TNT Sports 2

411 414 522 409 431

- 7.00 AM **TCR World Tour Review**
- 7.30 **WRC: More Than Machine**
- 8.30 **World Rally Championship**
- 9.00 **LIVE World Rally Championship** Rally Estonia.
- 10.30 **World Superbike Rewind**
- 10.45 **MotoGP Rewind**
- 11.00 **LIVE World Rally Championship** Rally Estonia.
- 1.30 PM **UCI Mountain Bikes**
- 2.00 **LIVE Longines Global Champions Tour** In Germany.
- 4.15 **TNT Sports Reload**
- 4.30 **A-Z: Commonwealth Games**
- 5.00 **MLB Highlights**
- 6.30 **LIVE MLB Philadelphia Phillies v New York Mets.** Coverage of the National League match at Citizens Bank Park. Start-time **6.35pm**.
- 9.30 **Miracle of Istanbul**
- 10.30 **UEFA Champions League**
- 11.00 **MLB Highlights**
- 12.00 M'T **LIVE MLB New York Yankees v Los Angeles Dodgers.** Coverage of the inter-league match at Yankee Stadium. Start-time **12.20am**.
- 3.00 AM **MLB Classic** World Series.
- 3.30 **Tour de France Men Highlights**
- 4.30 **to 6.00** AM **Ultimate Pool**

Sky Sports Action

412 410 510 426 446

- 6.00 AM **Women's State of Origin**
- 6.45 **State of Origin Rugby League**
- 7.05 **LIVE NRL Dolphins v North Queensland Cowboys.** Coverage of the match staged at Suncorp Stadium in Brisbane. Kick-off **7.05am**.
- 9.05 **State of Origin Rugby League**
- 10.00 **NFL Highlights**
- 1.00 PM **LIVE World Matchplay Darts** Coverage of the afternoon session on day two staged at Winter Gardens in Blackpool, featuring four first-round matches.
- 5.00 **NFL Bitesize Highlights**
- 5.15 **Super Bowl LX Bitesize**
- 5.30 **Super League Highlights**
- 6.00 **PDC Classics** Archive action.
- 7.00 **LIVE World Matchplay Darts** Coverage of the evening session on the second day staged at Winter Gardens in Blackpool, featuring four first-round matches.
- 11.00 **Super League Highlights**
- 12.00 M'T **NFL Highlights**
- 2.00 AM **LIVE NBA Summer League** Coverage of the final at Thomas & Mack Center in Las Vegas, Nevada. Tip-off **2.00am**.
- 4.30 **to 6.00** AM **Super League Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

- 6.00 AM **World Cup Report**
- 7.00 **EFL Greatest Games**
- 7.05 **LIVE NRL Dolphins v North Queensland Cowboys.** Coverage of the match staged at Suncorp Stadium in Brisbane. Kick-off is at **7.05am**.
- 9.05 **My Icon** Sporting influences.
- 9.30 **LIVE The Open** The featured groups on day four of the Major from Royal Birkdale Golf Club in Southport. While the main coverage offers rotating coverage of everyone currently out on the course, this programme provides an opportunity to focus more specifically on a select group of players as they make their way around all 18 holes.
- 7.00 PM **World Cup Report**
- 9.30 **LIVE NBA Summer League** Coverage of a consolation match at Thomas & Mack Center in Las Vegas, Nevada. Tip-off **9.30pm**.
- 12.00 M'T **EFL Greatest Games**
- 2.00 AM **LIVE NBA Summer League** Coverage of the final at Thomas & Mack Center in Las Vegas, Nevada. Tip-off **2.00am**.
- 4.30 **Formula 1** Australian Grand Prix.
- 5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

- 6.45 AM **State of Origin**
- 7.00 **The Open** The third day.
- 8.00 **International T20 Cricket**
- 8.30 **Women's State of Origin**
- 9.15 **LIVE NRLW Newcastle Knights v St George Illawarra Dragons.** Coverage of the match from McDonald Jones Stadium. Kick-off is at **9.15am**.
- 11.15 **State of Origin Rugby League**
- 11.30 **LPGA Tour Golf** Highlights.
- 12.30 PM **PGA Tour Golf**
- 1.30 **LIVE Ferrari Challenge** Coverage from Portimao.
- 2.30 **Lewis Hamilton Ferrari Story**
- 2.40 **LIVE Ferrari Challenge** Further coverage from Portimao.
- 3.40 **F1 Features**
- 4.00 **One-Day International Cricket**
- 6.00 **LIVE Indy NXT** From Tennessee.
- 7.00 **Ferrari Challenge Europe**
- 8.30 **LIVE Indy NXT** From Tennessee.
- 9.00 **LPGA Tour Golf**
- 10.00 **International T20 Cricket**
- 10.30 **McLaren's 1000th GP**
- 10.35 **LIVE Indycar** Music City GP.
- 1.00 AM **Formula 1** From Belgium.
- 2.00 **to 6.00** AM **World Matchplay**

TNT Sports 3

413 415 523 410 432

- 6.00 AM **Tour de France Men**
- 7.00 **TNT Sports Reload**
- 7.30 **LIVE AFL Essendon Bombers v GWS Giants.** Coverage from Marvel Stadium. Bounce-up **7.40am**.
- 10.30 **Ultimate Pool** Recent action.
- 12.00 NOON **ODI Cricket**
- 1.00 PM **LIVE Motocross World Championship** From Foxhills.
- 3.00 **TCR World Tour Review**
- 3.30 **MotoGP Rewind**
- 4.00 **LIVE Motocross World Championship** From Foxhills.
- 6.00 **FIM Speedway Grand Prix**
- 7.00 **MotoGP Highlights**
- 8.00 **Tour de France Men Highlights**
- 9.00 **World Rally Championship**
- 9.30 **British Superbikes**
- 10.30 **UFC** Du Plessis v Usman.
- 1.30 AM **FIM Speedway Grand Prix**
- 2.30 **World Rally Championship**
- 3.00 **British Superbikes**
- 4.00 **IFSC Climbing World Series**
- 5.00 **to 6.00** AM **UCI Mountain Bike**

TNT Sports 4

414 416 524 411 434

- 6.00 AM **British Superbikes**
- 6.30 **IFSC Climbing World Series**
- 7.30 **One-Day International Cricket**
- 8.30 **MLB** The Home Run Derby.
- 10.30 **FIM Speedway Grand Prix**
- 11.30 **World Superbike Highlights**
- 12.30 PM **British Superbikes** Action from race one of the fifth round of the season at Brands Hatch.
- 1.00 **LIVE British Superbikes** Coverage from the second day of the fifth round of the season at Brands Hatch in West Kingsdown.
- 6.00 **AFL** A chance to see Richmond Tigers v Hawthorn Hawks.
- **7.30** Another chance to see Gold Coast Suns v Western Bulldogs.
- **9.00** Another chance to see Essendon Bombers v GWS Giants.
- 10.30 **Fishing: On the Bank** Highlights from the Orvis Saltwater Festival.
- 11.30 **Supercars Championship Highlights** Action from day one and two of the NTI Townsville 500.
- 1.30 **to 6.00** AM **AFL**

Premier Sports 1

419 APP 528

- 6.00 AM **Scottish Cup Football** Celtic v Dunfermline Athletic in the final.
- 8.00 **Rugby Junior World Championships** Highlights.
- 12.00 NOON **Sporting Greats**
- 12.30 PM **Premier Sports Cup** Aberdeen v Queen's Park.
- 2.30 **Premier Sports Cup**
- 4.30 **Sporting Countdowns**
- 5.30 **Rugby Junior World Championships** Action from the third/fourth place play-off.
- 7.30 **Rugby Junior World Championships** The final.
- 9.30 **Sporting Greats**
- 10.00 **Coppa Italia** Another chance to see Lazio v Inter Milan in the final.
- 12.00 M'T **Sporting Greats**
- 1.00 AM **Argentine Primera** A chance to see River Plate v Belgrano.
- 3.00 **Sporting Countdowns**
- 3.30 **Rugby Junior World Championships** The final.
- 5.30 **to 6.00** AM **Sporting Countdowns**

Premier Sports 2

420 APP 529

- 6.00 AM **Temples of Sport**
- 6.30 **GP Insights** The latest news.
- 7.00 **NASCAR Trucks**
- 10.00 **Sporting Countdowns**
- 10.30 **Rugby Junior World Championships** Play-offs.
- 2.30 PM **Sporting Countdowns**
- 3.00 **Brasileiro Serie A** Another chance to see Botafogo v Santos.
- 5.00 **Football** Another chance to see Real Betis v Preussen Münster.
- 7.00 **Football** A replay of Borussia Dortmund v Oberhausen.
- 9.00 **Football's Greatest**
- 9.30 **Temples of Sport**
- 10.00 **NASCAR Highlights** Action from the Quaker State 400.
- 11.00 **LIVE NASCAR** Coverage of the Window World 450 from the latest round of the season at North Wilkesboro Speedway in North Wilkesboro, North Carolina.
- 4.00 AM **Bike World** Highlights.
- 4.30 **Motorsport** Valentino Rossi.
- 5.00 **to 6.00** AM **Transworld Sport**

Sky Sports F1

407 407 507 424 444

- 6.00 AM **Highlights**
- 7.25 **LIVE Formula 3** Coverage of the Belgian Grand Prix feature race.
- 8.30 **F1 Features**
- 8.55 **LIVE Formula 2** Coverage of the Belgian Grand Prix feature race.
- 10.15 **F1 Features**
- 10.40 **LIVE Porsche Supercup** Coverage from Belgium.
- 11.30 **F1 Features**
- 12.30 PM **LIVE Formula 1** Coverage of the Belgian Grand Prix.
- 5.00 **Formula 1** Belgian Grand Prix.
- 8.15 **At Home with Liam Lawson**
- 8.30 **Formula 1** Belgian Grand Prix.
- 9.30 **Indy NXT** Music City Grand Prix.
- 10.30 **McLaren's 1000th GP**
- 10.35 **LIVE Indycar** Music City GP.
- 1.00 AM **Ferrari Challenge Europe**
- 3.00 **Formula 2** Belgian Grand Prix.
- 4.20 **to 6.00** AM **Highlights**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

20 July

Planner

House of the Dragon

FANTASY DRAMA Sky Atlantic, 9pm & HBO Max (episoides released weekly)

Is the mysterious Alys Rivers about to embark on a romance with Prince Aemond (Ewan Mitchell)? And given his current mental state, is that wise?

The Crow Girl *THRILLER Paramount+*

The psychological thriller returns for a twisted second series, with DCI Jeanette Kilburn (Eve Myles, pictured) investigating mummified remains found in a church – while Dr Sophia Craven's (Katherine Kelly) concerns about a former patient are going to hit frighteningly close to home. If you've not yet seen season one, tune into 5 at 9pm tonight.

World's Biggest Sharks

DOCUMENTARY

Nat Geo WILD, 8pm

This one-off documentary follows teams as they take a deep dive into our oceans and come face to face with some of the biggest examples of sharks ever recorded – including a 20ft-long great white.

Secret Lives of Gypsy Wives

DOCUMENTARY C4,10pm (box set, C4 streaming)

This fly-on-the-wall series follows a Traveller family living on an Essex council estate, where youngest daughter Trewley (centre) is pursuing a career in social media to try to add to the family's income.

Monday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives...	7.30 EastEnders	8.00 Panorama	8.30 Celebrity Escape to the...	9.15 I, Jack Wright		10.00 News; Local News	10.40 I, Jack...
	102 BBC2	7.00 Global Eye	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 Evolution		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Fletchers'...	8.00 Emmerdale	8.30 Coronation...	9.00 The Dark		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Dover 24/7: Britain's Busiest Port		9.00 24 Hours in A&E		10.00 Secret Lives of Gypsy Wives	
	105 5	7.00 Motorway Cops: Catching Britain's...		8.00 Police Interceptors		9.00 The Crow Girl		10.00 Police: Night Shift 999	
	106 SKY ONE	7.00 The Simpsons		8.00 Agatha Raisin				10.00 Never Mind the Buzzcocks	
ENTERTAINMENT	115 BBC3	7.05 Film: Spider-Man: Homecoming				9.05 Film: Spider-Man: Far From Home			
	116 BBC4	7.00 Atlantic: The Wildest Ocean on Earth		8.00 Treasures of Ancient Greece		9.00 Private Life of a Masterpiece		10.00 Becoming Frida Kahlo	
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Love Island		10.05 Love Island...	10.35 G'wed
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 Bill Bailey's Vietnam		10.00 Bill Bailey's Remarkable Guide to the...	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Law & Order: Special Victims Unit		10.00 Law & Order: Criminal Intent	
	108 SKY ATLANTIC	‹ 6.45 The Gilded Age				9.00 House of the Dragon		10.15 The Last of Us	
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army	8.20 Are You Being Served?		9.00 Porridge	9.40 The Office	10.20 Not Going Out	
	111 U&DAVE	7.00 Mortimer & Whitehouse	7.40 Would I Lie to You?	8.20 Would I Lie to You?		9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Grantchester	
	120 ITV4	7.00 River Monsters		8.00 The Motorbike Show		9.00 Film: Top Gun			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Stupid Central		10.00 Mr Bean	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Resident Alien		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 The Brokenwood Mysteries				10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu in Wonderland					10.30 Academy of...
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Dom Chinea's Cornish Workshop				10.00 Designing the Hebrides	
DOCUMENTARY	125 DISCOVERY	7.00 Shorty's Dream Shop		8.00 The Woodland Workshop		9.00 Maine Cabin Masters		10.00 Expedition X	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Mountain Monsters		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Bushcraft...	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Disaster Autopsy		9.00 Air Crash Investigation		10.00 Plane Crash Recreated	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Secrets in the Ice		9.00 Secrets Declassified with David...		10.00 UFO POV	
	155 U&YESTERDAY	7.00 Planet Earth III		8.00 1066: A Year to Conquer England		9.00 Portillo's Empire Journey		10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	7.00 David Frost Vs		8.00 Death of a Showjumper					

‹ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition (S)(AD)
10.15 **The Moment of Proof** (S)(R)(AD)
10.45 **Expert Witness** New edition (S)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Policing Paradise** (S)(R)
2.30 **Rick Stein's Australia** (S)(R)(AD)
3.00 **Escape to the Country** New edition From Co Down. (S)
3.45 **The Bidding Room** New edition A piece of London history. (S)
4.30 **The Travelling Auctioneers** New edition A footballer's daughter clears out her parents' items. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.00 Our Lives

7 PM

7.00 **NEW Our Lives: The Big Cat Investigator** A builder investigating big cat sightings in the Surrey hills. (S)
7.30 **EastEnders** Lauren and Mark clash over a car deal, while Linda's dancing lesson ends in chaos. (S)(AD)

8 PM

8.00 **Panorama: There's a Gangster In My Flat** Investigating how criminals are taking advantage of lax security in the rental market. (S)
8.30 **Celebrity Escape to the Country** Choirmaster Gareth Malone considers relocating to the Hampshire countryside. (S)(R)

9 PM

9.15 **I, Jack Wright** New episode *Salt in the Wound:* 5/6. A revelation threatens to ruin Sally's legal challenge. (S1) (S)(AD) ■ Concludes at 10.40pm

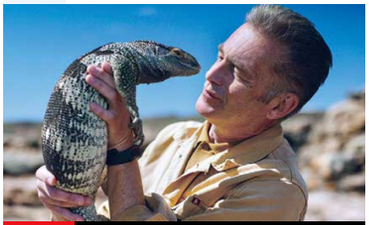
10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **I, Jack Wright** Series finale *Testament:* 6/6. Sally faces the wrath of an increasingly unhinged Arnaud, and Rose shocks Bobby by taking a huge risk. DCI Morgan brings charges for the murder of Jack Wright. (S1) (S)(AD) ■ Entire series on BBC iPlayer
11.30 **Who Do You Think You Are?** Actor Toby Jones explores an extraordinary acting dynasty on his mother's side and is determined to discover whether his father's stories of a connection to India are fact or fiction. (S)(R)(AD)
12.30 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.35 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Animal Park** (S)(R)(AD)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: The Repair Shop** A model Range Rover. (S)(R)(AD)
9.00 **BBC News** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Game show. (S)(R)
2.15 **Lightning** Quick-fire quiz. (S)(R)
2.45 **The Farmers' Country Showdown** The Mid Devon Show. (S)(R)
3.15 **The Hidden World of Hospitality with Tom Kerridge** Fluctuating seasonal demand. (S)(R)(AD)
4.15 **Wild Brazil** Following the lives of families of capuchin monkeys, giant otters and coatis. (S)(R)(AD)
5.15 **Flog It!** From the Milestones Museum in Basingstoke. (S)(R)
6.00 **Richard Osman's House of Games** Double bill. (S)(R)



9.00 Evolution

7 PM

7.00 **Global Eye** Investigations from BBC correspondents all over the world. (S)
7.30 **Mastermind** New edition Tonight's specialist subjects include TV series *Jonathan Creek* and composer Johannes Brahms. (S)

8 PM

8.00 **Only Connect** New edition Victoria Coren Mitchell hosts as Two Hearts face Ad Astra in round one. (S)
8.30 **University Challenge** New edition Amol Rajan hosts as Durham take on Manchester in the first round of the quiz. (S)

9 PM

9.00 **Evolution** New edition 2/5. Chris Packham tells the story of how the ostrich came to lay the biggest egg on Earth, exploring the evolutionary origins of sex, eggs and birds. (S)(AD) ■ Entire series on BBC iPlayer

10 PM

10.00 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob are on the River Severn in Worcestershire to fish for zander. (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **FILM In the Heat of the Night** Oscar-winning thriller starring Sidney Poitier and Rod Steiger. A racist white sheriff is reluctantly teamed with a black big-city cop in a murder investigation. (S) (1967, 12, 110min) ★★★★★
12.50 AM **Sign Zone: Countryfile** (S)(R)
1.45 **Sign Zone: Do You Know Your Place?** From Dundee. (S)(R)
2.15 **Sign Zone: Scamanda** (S)(R)(AD)
2.55 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
1.30 PM **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his team head to Newport, south Wales. Karen Dalmeny tries to buy some Arts and Crafts candlesticks, and Simon Schneider gets pushed all the way for a gold watch. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts as contestant David tries to open the 22 red boxes in the right order. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 The Dark

7 PM

7.30 **Fletchers' Family Farm** The Fletchers compete in the Royal Cheshire Show with their cows Cherry and Sonic, Marnie's calf becomes overwhelmed by the noise of the crowd, while Milo enters the young handler contest. (S)(R)(AD)

8 PM

8.00 **Emmerdale** Kim discovers there has been an intruder, and Charity is left utterly defeated. (S)(AD)
8.30 **Coronation Street** Kit sparks a rumour of Gary's imminent arrest, and Sarah has nowhere to hide. (S)(AD)

9 PM

9.00 **The Dark** New episode 3/6. DI Kennedy finds a clue to the next intended victim, but it becomes clear that the killer is playing with her and has targeted someone else completely. (S1) (S)(AD) ■ Continues tomorrow

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Peston** Political magazine hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)
11.30 **Love & Death** 2/7. Candy fears she and Allan are at risk of having feelings for each other. (S1) (S)(R)
12.35 AM **Rugby Union: The Debrief with Dan and ROG** A look back at action from round three of the Nations Championship. (S)(R)
1.25 **Teleshopping**
3.00 **Nobody's Fool** (S)(SL)(R)(AD)
4.00 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Dickinson's Real Deal** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 2-4/28. (S11) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** (S1 &2) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A couple hope to find a home in Granada. (S)(R)
4.00 **Narrow Escapes** In Cheshire, a drag king and cabaret artist is new to narrowboat life. (S)(R)(AD)
5.00 **Chateau DIY** Janet and Phillip are approaching the end of rebuilding their tower suite. (S)(R)(AD)
6.00 **Four in a Bed** The contest begins at Hotel Penzance, Cornwall. (S)(R)
6.30 **Come Dine with Me** Food bank volunteer Donna hosts the first dinner party from Belfast. (S)(R)

9.00 24 Hours in A&E

7 PM

7.00 **News** (S)

8 PM

8.00 **Dover 24/7: Britain's Busiest Port** New edition It's one of the busiest days of the year for Dover, problems at passport control cause long delays, and engineers race to fix a leak at the cruise terminal. (S)(AD)

9 PM

9.00 **24 Hours in A&E** New edition At Queen's Medical Centre in Nottingham, a 19-year-old is rushed in after his motorbike crashed into the back of a car, and a 77-year-old man is in Resus after slipping over in the shower. (S)(AD)

10 PM

10.00 **NEW SERIES Secret Lives of Gypsy Wives** Factual series following a Traveller family living on an Essex council estate. (S)(AD) ■ Entire series on C4 Streaming
11.00 **Secrets of the Celebrity Sex Tapes** New edition 6/8. *Teen Mom* star Farrah Abraham. (S)(AD) ■ Entire series on C4 streaming
12.00 M'T **NEW Walter Presents: Chorus Girls** 1/8. Danish comedy drama set in the 1970s. (S1) ■ Entire series on C4 streaming
12.55 AM **Murder in Suburbia** (S)(R)(AD)
2.45 **FILM Minimum** Belgium-set Indian drama. Subtitled. (2024, 15, 105min) ★★★★
4.30 **Sunday Brunch** (S)(R)
4.35 **Hollyoaks Omnibus** (S)(SL)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 **FILM You Can't Escape Me** Thriller starring Gina Vitori. (S) (AD) (2023, PG, 100min) ★★
4.00 **Castle** *Driven:* 1/23. Beckett faces the toughest case of her career after finding Castle's car engulfed in flames. (S7) (S)(R)
4.55 **Love Nature** At Limekiln Docks, cameras follow a volunteer from Thames21. (S)(R)
5.00 **News** (S)
6.00 **Jersey and Guernsey** Documentary series celebrating the beauty and heritage of the Channel islands. (S)(R)
6.55 **News** (S)

9.00 The Crow Girl

7.00 **Motorway Cops: Catching Britain's Speeders** In Grimsby, Sgt Tom Elvidge is on the trail of a group teenagers suspected of trying to steal a moped. (S)(R)
7.55 **News** (S)

8.00 **Police Interceptors** New edition The driver of a car with cloned plates manages to give officers the slip, while Northants and Leicester cops team up to take out an HGV suspected of carrying stolen goods. (S)

9.00 **NEW SERIES The Crow Girl** *She Sees Herself from Above:* 1/6. Crime thriller adapted from Erik Axl Sund's series of books, starring Katherine Kelly, Dougray Scott and Eve Myles. (S1) (S)(AD) ■ Continues tomorrow

10.00 **Police: Night Shift 999** Officers a hunt for a car linked to an Albanian organised crime gang, which leads to large quantities of drugs found concealed inside the vehicle. (S)(R)

11.05 **Traffic Cops** (S)(R)
12.05 AM **World Cup: Uncensored with Piers Morgan** New edition With guest John Terry. (S)
1.00 **Teleshopping** (S)(R)
2.00 **Casualty 24/7: Every Second Counts** Documentary. (S)(R)(AD)
3.45 **Friends** (S4) (S)(R)(AD)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S9) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Airborne** (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S6) (S)(R)
3.00 **S.W.A.T.** (S7) (S)(R)(AD)
5.00 **The Simpsons** *The Nightmare After Krustmas:* Krusty and his daughter spend Christmas with the Simpsons. (S)(R)
5.30 *Friends and Family:* Homer finds a new friend in a woman who acts just like him. (S)(R)
6.00 **Animal Control** 11/12. Rick asks Emily out on a date. (R)
6.30 12/12. Shred tries to break up with Camilla before he ruins his chances with Emily. (S1) (R)

8.00 Agatha Raisin

7.00 **The Simpsons** *Pork and Burns:* A Japanese book on minimalism inspires Marge to adapt to a new way of living. (S)(R)
7.30 *Fatzcarraldo:* Lisa tries to find a big story to save her school radio station. (S)(R)

8.00 **Agatha Raisin** *A Spoonful of Poison:* 3/4. The competition in the Carsely Jam-Off has always been fierce, but when a judge dies after being poisoned by the winning entry things may finally have gone a step too far. Determined to bring the killer to justice, Agatha resolves to restore the name of the contest. (S4) (S)(R)

10.00 **Never Mind the Buzzcocks** With James Acaster, Kerry Godliman, Loyle Carner and Martin Kemp. (S)(R)(AD)
10.45 With Johnny Borrell, Michelle de Swarte and Krept & Konan. (S)(R)(AD)

11.30 **Animal Control** (S1) (R)
12.30 AM **Grimm** 16/22. A preacher uses his Wesen identity to gain more believers. (S5) (S)(R)
1.30 **Road Wars** (S)(R)
2.00 **Best Medicine** New episode *The Bogfather:* 8/13. Port Wenn is on high alert when a corpse is found in the town's bog, and Martin's post-mortem points towards murder. (S1) (S)
3.00 **Hawaii Five-0** 2/25. (S6) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
8.30pm Barra's Return of the Wild New edition (S)
9.00-9.15pm If Walls Could Talk (S)(R)

WALES
Sky **965**, Virgin **864**, Freesat **965**
7.00-7.30pm Our Lives: Beyond the Waves New edition (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.00-10.30pm Kayak ó Thuaidh (S)(R)

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **9.00** Y Sioe New edition **12.00noon** Newyddion **12.05pm** Y Sioe New edition **2.00** Newyddion **2.05** Y Sioe New edition **6.00** Rhys Patchell: Japan a'r Gic Olaf **6.30** Rownd a Rownd (AD) **6.59** Newyddion **7.00** Heno o'r Sioe New edition **7.30** Newyddion a'r Tywydd **8.00** Sgwrs Dan y Lloer **8.25** Garddio a Mwy New edition **8.55** Newyddion a'r Tywydd **9.00** Y Sioe New edition **9.58** Y Tywydd **10.00** Ralïo+ **10.30** Ar Brawf (AD) **11.30pm-12.35am** Y Sioe

TV&Streaming week
New issue on sale tomorrow

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **FILM Spider-Man: Homecoming** Adventure starring Tom Holland, Michael Keaton and Robert Downey Jr. Teen superhero Peter Parker tries to prove his worth by battling a winged criminal with a trade in stolen hi-tech weaponry. (2017, 12, 133min) ★★★★
9.05 **FILM Spider-Man: Far From Home** Adventure sequel starring Tom Holland and Jake Gyllenhaal. The webslinger's European vacation leads to a battle with elemental monsters from another dimension. (2019, 12, 129min) ★★★★
11.05 **Top Gear USA Special** Jeremy, Richard and James travel to America for an interstate road trip.
12.05 AM **Eddie Hall: The Beast v the Mountain** Following Eddie Hall's preparations for a boxing bout with Hafthor 'Thor' Björnsson.
1.05 **Small Town, Big Riot**
3.05 **to 3.50** AM **Doctor Who**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Winchester.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **George Clarke's Old House, New Home** The architects helps a couple refurbish their large semi-detached in Margate and tries to modernise one of the flats in a Georgian manor house in Worthing.
6.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer come to the aid of house-hunters along the south coast.
7.55 **Grand Designs** A Royal Marine who was seriously injured in Afghanistan begins a project to build a specially adapted home with a cutting-edge design.
9.00 **Bill Bailey's Vietnam** 4/6. Bill heads north to Hanoi, Vietnam's capital.
10.00 **Bill Bailey's Remarkable Guide to the Orchestra** The comedian joins forces with composer Anne Dudley and the BBC Concert Orchestra to investigate the world of classical music.
11.15 **24 Hours in A&E**
1.20 AM **999: On the Front Line**
2.25 **24 Hours in A&E**
3.30 **to 3.55** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Atlantic: The Wildest Ocean on Earth** 1/3. Documentary examining the natural forces underpinning life in the Atlantic.
8.00 **Treasures of Ancient Greece** 2/3. Exploring the revolution that gave birth to classical Greek art.
9.00 **Private Life of a Masterpiece** A look at James McNeill Whistler's *Portrait of Artist's Mother.*
9.50 **One Hundred Great Paintings** A closer look at James McNeill Whistler's painting *Nocturne in Black and Gold: The Falling Rocket.*
10.00 **Becoming Frida Kahlo** 1/3. Charting the life and career of the Mexican artist.
11.00 **Stolen: Catching the Art Thieves** The theft of Edvard Munch's *The Scream* and *Madonna* in June 2004.
12.00 M'T **Atlantic: The Wildest Ocean on Earth**
1.00 AM **Treasures of Ancient Greece** As 8.00pm.
2.00 **to 3.00** AM **Stolen: Catching the Art Thieves**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From Gloucestershire.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **Don't Tell the Bride**
11.00 **Below Deck**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
6.30 **Hollyoaks** Maddox and Dee Dee grow closer.
7.00 **Hollyoaks** Cindy's return sparks plenty of questions.
7.30 **The Simpsons** *Every Man's Dream:* Homer and Marge have a trial separation.
8.00 **Below Deck** New edition Kyle has the hangover to end all hangovers after his targeted speech during the crew night out. Meanwhile, Rainbeau snitches on Solène.
9.00 **Gogglebox** Opinions on *Love Is Blind, Starstruck* and *Help! My House Is Haunted.*
10.00 **Gogglebox** *Peaky Blinders, Love Is Blind* and *Coronation Street* are appraised.
11.05 **Naked Attraction**
12.10 AM **First Dates**
1.15 **Below Deck**
2.10 **The Simpsons**
2.35 **Abbott Elementary**
3.00 **The Goldbergs**
3.55 **Brooklyn Nine-Nine**
5.10 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 | 306 | 30 | 123 | 256

Monday primetime

primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

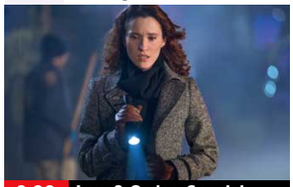
MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Border Security USA**
11.00 **Bull** 6/22. (S6)
12.00 NOON **FBI** 20&21/22. (S8)
2.00 PM **The Rookie** 15/22. Two key witnesses in an upcoming grand jury case are found murdered. (S4)
3.00 **Law & Order: Criminal Intent** 7/16. Goren and Eames try to find a missing baby. (S8)
4.00 **Nothing to Declare**


9.00 Law & Order: Special...

7 PM

7.00 Nothing to Declare A woman is caught carrying vials of drugs. **7.30** An aggressive passenger turns nasty.

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

9 PM

9.00 Law & Order: Special Victims Unit New episode *Purity:* 9/21. The hunt for a murder suspect uncovers a complex crime. (S27)

10 PM

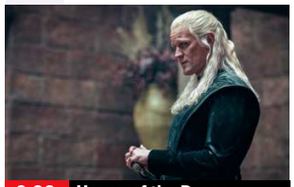
10.00 Law & Order: Criminal Intent *Yesterday:* 18/22. A woman's body is found 20 years after she was reported missing. (S1)
11.00 **The Rookie** 12/22. A severed hand is found washed up on the beach. (S4)
12.00 M'T **FBI** 18&19/22. (S8)
2.00 AM **FBI: International** (S2)
3.00 **Road Wars**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Deadwood** 3&4/12. (S3)
10.00 **Homicide: Life on the Street**
12.00 NOON **Billions** 7&8/12. (S2)
2.15 PM **The White Lotus** (S2)
4.35 **Gomorrah** 1/10. Naples descends into chaos. **5.40** 2/10. In Riga, Genny and Ciro meet again and things get emotional. Subtitled. (S5)
6.45 **The Gilded Age** 9/9. As Ada and Aurora try to stop Marian from making a huge decision, Bertha and Mrs Astor's clash impacts all of society. (S1)


9.00 House of the Dragon

7.55 **The Gilded Age** *You Don't Even Like Opera:* 1/8. Bertha Russell receives news that her bid for a box at the Academy of Music has been rejected. (S2)

9.00 House of the Dragon New episode 5/8. *Game of Thrones* prequel following the story of House Targaryen. *See feature, page 12.* (S3)
10.15 The Last of Us *Kin:* 6/9. Joel and Ellie descend deeper into dangerous territory. (S1)
11.25 **The Last of Us** 7/9. Ellie looks back on the night that changed everything. (S1)
12.30 AM **The White Lotus** (S2)
2.40 **Billions** 1/12. (S3)
3.45 **The Guest Wing**
4.35 **Sort Of** (S1)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.15 **Georgia and Tommy: Happy Essex After**
9.15 **The Only Way Is Essex**
10.15 **Real Housewives of Salt...**
11.10 **Real Housewives of Orange...**
12.15 PM **Dinner Date**
1.15 **Supermarket Sweep**
2.15 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** New edition
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

10.35 G'wed

7.00 **The Floor USA** New edition Contestants test their knowledge of critters, billionaires, nerdy characters and more.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 Love Island New edition Relationship-based reality show in which singletons seeking a romance compete to find love.

10.05 Love Island: The Debrief New edition Reactions.
10.35 G'wed Series finale *GCSEs Don't Matter When You're Dead:* 7/7. A pre-GCSE retreat turns dangerous. (S3)
11.15 **Family Guy** (S5&4)
12.15 AM **American Dad!** (S5)
1.15 **Bob's Burgers** (S14)
2.05 **Plebs** 4/8. (S2)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
7.35 **Emmerdale Soapy Slip Ups**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *The Lions of Causton:* Barnaby and Winter investigate a death at a local rugby club.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Killing Me Softly:* Some forged bank notes appear in the village.

4.40 Classic Coronation Street

6.55 **Heartbeat** *Unchained Melody:* The Met help to target a local drug trafficker, and Mike finds his loyalties torn.

8.00 Midsomer Murders *Dance with the Dead:* A man's apparent suicide shocks the village of Morton Fendle – but things take a sinister turn when Barnaby and Jones discover the victim was not alone when he died.

10.00 Grantchester 1/6. First episode of the detective drama set in the 1950s, starring James Norton and Robson Green. (S1)
11.00 **Grantchester** 2/6. Sidney agrees to attend Amanda's engagement dinner, where a ring goes missing and the next day a guest is found dead. (S1)
11.50 **Trial & Retribution** 1/2. (S6)
2.00 **to 2.30** AM **George and Mildred**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Dempsey and Makepeace**
9.10 **Boon**
10.15 **The Champions**
11.20 **BattleBots**
12.25 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.45 **Boon**
4.50 **The Champions** *The Night People:* Craig and Richard search for Sharron, who has disappeared in Cornwall.
5.55 **Minder** *National Pelmet:* Arthur gets drawn into a shady horse-racing deal.

9.00 Top Gun

7.00 **River Monsters** A deadly fish in southern Africa. **7.30** Jeremy Wade looks for a predatory creature in the Zambezi River.

8.00 The Motorbike Show Henry Cole enters a motorbike race and trains with British superbike racer Chris Walker.

9.00 FILM Top Gun Aerial action drama starring Tom Cruise as a hotshot young flier at the US Navy's elite air combat training school. With Kelly McGillis, Val Kilmer and Anthony Edwards. (1986, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.15 **Star Trek: Strange New Worlds** New episode 6/10. Sci-fi drama. (S1)
12.15 AM **Lost** 6/24. (S2)
1.10 **Motorsport UK**
2.05 **BattleBots**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: This Farming Life**
3.00 **Sign Zone: Beechgrove Garden**
3.30 **Sign Zone: Paramedics on Scene**
4.30 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **The Great Food Guys**
8.00 **The Mountain** Snowstorms hit the resort in the new year. **8.30** The villagers help dig out the slopes.
9.00 **Interior Design Masters with Alan Carr** The designers create uplifting spaces at a homelessness charity.
10.00 **River City** New episode Tyler visits Harry in prison.
10.30 **Two Doors Down** 5/6. Two new residents are introduced to the neighbours. (S5)
11.00 PM **to 12.00** M'T **Greetings from Scotland**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Breeders** 1&2/10. (S4)
10.00 **Upright** 1&2/8. (S2)
11.15 **Will & Grace** (S6)
12.15 PM **The Rehearsal** (S1)
1.40 **Upright** 1&2/8. (S2)
2.45 **Will & Grace** (S5)
3.45 **Hacks** 3&4/9. (S3)
5.00 **Community** (S6)
6.00 **Will & Grace** (S6)
7.00 **The Office (US)** 18/25. Michael and Jan reveal their secret romance at the office party. **7.30** 19/25. Michael and Darryl demand an increase in salary. (S3)
8.00 **Breeders** 1/10. Luke drops a bombshell at Christmas dinner. **8.30** 2/10. The reality of Luke's announcement hits home. (S4)
9.00 **Stewart Lee, Basic Lee: Live at the Lowry**
10.45 **Hacks** 3&4/9. (S3)
12.05 AM **Breeders** (S4)
1.05 **Community** (S6)
2.25 **The Rehearsal** (S1)
3.50 **to 5.00** AM **Upright**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Classic FM's Rising Stars** Double bill.
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Classic Movies...**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **Discovering**
4.00 **Guy Garvey: From the Vaults** With Gary Numan.
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu in Wonderland**
10.30 **Academy of Ancient Music: Vivaldi's Four Seasons**
11.55 **Notre-Dame: The Renaissance**
1.30 AM **Ennio: The Maestro**
4.10 **The Art of the Garden**
5.05 **to 6.00** AM **Classic Movies: The Story of Three Days of the Condor**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: Canada's Front Line**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 12/26. (S5)
5.00 **Stargate SG-1** (S7)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** *Devil's Due:* 13/26. Picard challenges a woman who claims to be a galactic devil. (S4)
8.00 **Police 24/7**
9.00 **FBI: Most Wanted** (S2)
11.00 **Star Trek: Enterprise**
12.00 M'T **Fantasy Island**
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Celebrity Supermarket Sweep** With Gabby Logan, Joe Swash, Frankie Bridge and Radzi Chinyanganya.
2.00 **Tenable** Quiz show.
3.00 **The Chase Celebrity Special** With Sunetra Sarker, Matty Lee, David Arnold and Basil Brush.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show.
9.00 **The 1% Club Rollover** The first of five special editions of the quiz hosted by Lee Mack.
10.00 **Tipping Point** Triple bill of the game show.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Our Farm Next Door: Amanda, Clive and Kids**
8.00 **George Clarke's Remarkable Renovations**
9.00 **Murder Case: The Digital Detectives**
10.00 **Murder in Suburbia** 1/2. Investigating the murder of Sharon Birchwood. **11.05** 2/2. George's solid alibi forces detectives to dig further into his personal connections.
12.05 AM **Gogglebox**
1.05 **Celebrity Gogglebox**
2.10 **Surgery Secrets of the Super Rich**
3.10 **Super Surgeons: A Chance at Life**
4.10 **to 5.10** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **Warehouse 13** 11&12/13. (S1)
4.00 **Stargate SG-1** 11/22. (S7)
5.00 **Star Trek: Voyager** 5/26. Paris buys a second-hand space shuttle, which promptly assumes a female form. (S6)
6.00 **Star Trek: Enterprise** 2/24. The Delphic Expanse and predatory aliens cause havoc for the *Enterprise* crew. (S3)

2.00 **Warehouse 13**

7.00 **Stargate Atlantis** *Tao of Rodney:* 14/20. Rodney McKay gains superhuman abilities after being zapped by a strange device. (S3)

8.00 **Stargate SG-1** *Evolution – Part One:* 11/22. Carter, O'Neill and Daniel investigate a synthetic super-soldier. (S7)

9.00 **Resident Alien** *Pilot:* 1/10. Sci-fi comedy drama. An extraterrestrial poses as a small-town Colorado doctor. (S1)

10.00 **Grimm** *Star-Crossed:* 9/22. A barbaric Wesen ritual is brought to the present, and Monroe goes undercover. (S5)
11.00 **The Walking Dead** 15/16. Alexandria is placed on high-alert when a resident goes missing, prompting search parties to venture out into the wilds. (S6)
12.00 M'T **Resident Alien** (S1)
1.00 AM **Warehouse 13** (S1)
3.00 **The Walking Dead** (S6)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S6)
9.00 **Shakespeare & Hathaway: Private Investigators** (S1)
10.00 **The Mentalist** 2/22. (S5)
11.00 **Hudson & Rex** 19/20. (S5)
12.00 NOON **Unforgettable** (S4)
1.00 PM **Death in Paradise** (S8)
2.00 **Murdoch Mysteries** (S6)
4.00 **The Mentalist** 2/22. (S5)
5.00 **Hudson & Rex** 19/20. (S5)
6.00 **Shakespeare & Hathaway: Private Investigators** 6/10. Frank and Lu investigate death threats made against a former soap opera star. (S1)

7.00 **Private Eyes**

7.00 **Private Eyes** *Partners in Crime:* 6/10. Angie and Shade help a former client whose life was destroyed by identity theft. (S1)

8.00 **Death in Paradise** *Murder Begins at Home:* 8/8. The dead body of a horse rider turns up in the police station. (S8)

9.00 **Death in Paradise** *Going Round in Circles:* 1/8. Commissioner Patterson is targeted by an assassin. (S13)

10.00 **Father Brown** *The Gardeners of Eden:* A celebrity florist brings glamour and murder to Kembleford.
11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Father Brown** *The Daughter of Autolycus:* Flambeau enlists the priest's help to steal an important gift.
1.00 AM **Death in Paradise** (S13)
2.00 **Murdoch Mysteries** 1/13. (S6)
3.00 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
9.00 **The Green Green Grass**
9.35 **Are You Being Served?**
10.20 **Last of the Summer Wine**
11.40 **Ever Decreasing Circles**
12.20 PM **Only Fools and Horses**
1.00 **Keeping Up Appearances**
1.40 **Dad's Army**
2.20 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Ever Decreasing Circles**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

8.20 **Are You Being Served?**

7.00 **Only Fools and Horses** The first episode of John Sullivan's classic comedy.
7.40 **Dad's Army** The platoon are assigned to guard a vital telephone line.
8.20 **Are You Being Served?** Mr Grace decides to cater for working people by opening the shop early.

9.00 **Porridge** Harris accidentally drops stolen pills into Fletcher's midday cup of tea.
9.40 **The Office** The first episode of the comedy starring Ricky Gervais.
10.20 **Not Going Out** Lucy and Lee aim to answer an age-old question.

11.00 **Colin's Sandwich** Classic sitcom starring Mel Smith.
11.40 **Porridge** As 9.00pm.
12.20 AM **The Office** As 9.40pm.
1.00 **Not Going Out** As 10.20pm.
1.40 **Colin's Sandwich**
2.30 **Don't Wait Up**
3.00 **to 4.00** AM **Hi-de-Hi!**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear** With Jack Dee.
8.20 **Border Force: America's Gatekeepers** Double bill.
10.15 **Rick Stein's Mediterranean...**
11.20 **Rick Stein's Far Eastern...**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse...**
3.00 **Robson Green: World's Most Amazing Walks** Hadrian's Wall.
4.00 **The Hairy Bikers: Mums Know Best** Sunday dinners.
5.00 **Rick Stein's Mediterranean Escapes** A visit to Morocco.
6.00 **Rick Stein's Far Eastern Odyssey** Rick visits Cambodia.

7.00 **Mortimer & Whitehouse**

7.00 **Mortimer & Whitehouse: Gone Fishing** From Sutton Lake in Shropshire.
7.40 **Would I Lie to You? – The Unseen Bits** Highlights from the comedy panel show.
8.20 **Would I Lie to You?** Guests include Richard E Grant and Martin Clunes.

9.00 **Have I Got a Bit More News for You** Katherine Ryan hosts the satirical quiz, with guests Cariad Lloyd and Andy Hamilton.

10.00 **QI XL** Sandi Toksvig hosts the quiz show, with panellists Zoe Lyons, Josh Widdicombe, Dan Tiernan and Alan Davies.
11.00 **Taskmaster** First edition of the comedy game show.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You? – The Unseen Bits**
1.20 **Would I Lie to You?**
2.00 **QI XL** With Rosie Jones.
3.00 **to 4.00** AM **Taskmaster**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.25 AM **The Bill**
8.15 **Doctors**
9.25 **Classic Holby City**
10.45 **Casualty**
11.40 **The Bill**
12.45 PM **Classic EastEnders**
2.00 **Neighbours**
3.00 **Pie in the Sky**
4.05 **Lovejoy**
5.20 **Waiting for God**
6.00 **Last of the Summer Wine** A man believes a curse has been placed on him. **6.40** Barry competes with a fitness-mad neighbour.

8.00 **The Brokenwood Mysteries**

7.20 **Last of the Summer Wine** Howard becomes ill at ease with his lot in life and decides to change his appearance.

8.00 **The Brokenwood Mysteries** *The Killing Machine:* 3/4. The chairman of the Classic Car Restoration Society is found dead alongside his beloved El Dorado with a lungful of petrol. (S3)

10.00 **New Tricks** *The Chinese Job:* Pilot episode. Superintendent Sandra Pullman is sidelined after a failed hostage rescue and put in charge of a new department manned by former detectives.
12.00 M'T **Silent Witness** *After the Fall:* Nikki questions her judgement in an old case.
2.10 AM **Lovejoy**
3.10 **to 4.00** AM **Darby and Joan**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 7-9/22. (S20)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Black Sky:* 22/22. The team try to stop an impending terror attack on US soil. (S20)
7.00 *Algún Día:* 1/10. The team help Torres out when he puts his entire future at stake.
8.00 *The Stories We Leave Behind:* 2/10. As the agents mourn the loss of Ducky, they find comfort in working on his unfinished cases. (S21)
9.00 **NCIS: Hawaii** New episode *The Next Thousand:* 7/10. The team track the suspect when a Marine is murdered during a training exercise. (S3)
10.00 **Law & Order: Special Victims Unit** (S14&13)
2.00 AM **Blue Bloods** (S11)
2.55 **to 3.50** AM **Bull**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** An 85-year-old woman has been found choking and is struggling to breathe.
9.00 **Ambulance: Code Red**
10.00 **A&E After Dark**
11.00 **Skin A&E**
12.00 M'T **999: Killer on the Line** Documentary.
1.00 AM **GPs: Behind Closed Doors** Medical series.
1.55 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
10.00 **Police Interceptors**
10.55 **Gunsmoke** (S12)
12.00 NOON **FILM Tom Horn** Action western. (1980, 15, 98min) ★★★
1.55 PM **FILM The Naked Spur** Classic western. (1953, PG, 91min) ★★★
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Storms bring travel chaos to the roads.
9.00 **Police Interceptors** The knife crime team arrest a suspected drug dealer.
10.00 **Highway Thru Hell**
11.00 **The X-Files** 24/24. (S4)
12.00 M'T **Shoplifters: Caught Red Handed**
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
12.00 NOON **DIY SOS: Homes for Veterans**
1.00 PM **Tipping Point**
4.00 **Brother Vs. Brother**
5.55 **DIY SOS: The Big Build**
8.00 **Dom Chinea's Cornish Workshop** Dom makes a move to the far west of Cornwall, and tries to fix a leaky sea pool near Mousehole.
9.00 Dom tries out water dowsing so he can fill his new pond.
10.00 **Designing the Hebrides** The team transform a fish shop in Tobermory on the Isle of Mull.
10.40 Updating a crumbling bothy on the small island of Ulva.
11.20 **Nurses on the Ward**
1.30 **to 3.00** AM **Crashed: $800m Festival Fail**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering**
8.00 **Bangers & Cash**
10.00 **Tankies: Tank Heroes of WW2** Documentary.
11.00 **D-Day to Berlin**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Tankies: Tank Heroes of WW2** Documentary.
5.00 **D-Day to Berlin**
6.00 **Antiques Roadshow**
7.00 **Planet Earth III** David Attenborough journeys into the hidden world of forests.
8.00 **1066: A Year to Conquer England**
9.00 **Portillo's Empire Journey** Documentary.
10.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Great British Railway Journeys**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Wales.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters: The Restorers**
12.00 NOON **Celebrity Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** A cancer survivor wants to sell his beloved whisky collection for a good cause.
8.00 **Antiques Road Trip** Anita Manning and David Harper arrive in Northumberland.
9.00 **The Yorkshire Auction House** Double bill.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters: The Restorers**

+1 hour 242 365

MONDAY Entertainment

Monday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S4)
9.00 **Doctor Finlay** 1/7. (S3)
10.00 **Hamish Macbeth** (S1)
11.00 **Little House on the Prairie** 11 & 12/25. (S1)
1.00 PM **The Waltons** (S4)
4.00 **Little House on the Prairie** 11 & 12/25. (S1)
6.00 **Hamish Macbeth** (S1)
7.00 **M*A*S*H** 3/25. A Korean casualty sparks a row. **7.30** 4/25. Klinger stands in for Radar. **8.00** 5/25. Radar prepares to leave the unit. **8.30** 6/25. Klinger takes the flak in his new role. **9.00** 7/25. A nurse has a misunderstanding with Father Mulcahy. **9.35** 8/25. Klinger helps a Korean girl. (S8)
10.10 **M*A*S*H** (S8)
1.25 AM **Rising Damp** (S4)
1.55 **Man About the House**
2.25 **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM **The High Chaparral**
10.10 **Wanted: Dead or Alive**
10.40 FILM **The Proud Rebel** Western with Alan Ladd and Dean Jagger. (1958, b/w, U, 108min) ★★★
1.00 PM **The Unit** 1/13. (S1)
2.00 **Burn Notice** (S1)
4.00 FILM **Bandidas** Western starring Penélope Cruz. (2006, 12, 92min) ★★
6.00 **The Unit** 1/13. (S1)
7.00 **Burn Notice** (S1)
9.00 FILM **Without Remorse** Action thriller starring Michael B Jordan, Jamie Bell and Guy Pearce. (2021, 15, 109min) ★★
11.25 FILM **The Commando** Action thriller starring Michael Jai White. (2022, 15, 89min) ★★
1.25 AM **Dragon Ball Super**
2.25 **Coast Guard Alaska**
3.20 FILM **Stonados** Thriller. (2013, PG, 90min) ★
4.45 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM FILM **The Gourmet Detective: Death Al Dente** Murder mystery. (2015, PG, 85min) ★★
10.05 **Hailey Dean Mysteries**
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S3)
2.00 **Castle** 4/23. (S4)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 5/23. (S4)
8.00 **Unforgettable** (S3)
9.00 **In Plain Sight** (S3)
10.00 **Hailey Dean Mysteries** *Killer Sentence:* Drama starring Kellie Martin.
11.55 FILM **An Aurora Teagarden Mystery: Three Bedrooms, One Corpse** Drama starring Candace Cameron Bure. (2016, PG, 84min) ★★
1.50 AM FILM **Cheer Squad Secrets** Mystery drama. (2021, 15, 89min) ★★
3.25 **to 5.00** AM FILM **My Mother's Murder** Thriller. (2018, PG, 90min) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.15 AM FILM **Diagnosis Delicious** Romance. (2016, PG, 90min) ★★
10.10 FILM **Love, Again** Drama. (2015, PG, 84min) ★★★
12.05 PM FILM **Same Time Next Week** Drama. (2016, PG, 90min) ★★
2.00 FILM **Summer Villa** Drama. (2016, PG) ★★
3.50 FILM **Sweet Pecan Summer** Romance. (2021, PG, 84min) ★★
5.45 FILM **Two Tickets to Paradise** Romance. (2022, PG, 84min) ★★
7.35 FILM **Falling for the Competition** Drama. (2023, U, 89min) ★★
9.35 FILM **The Vows We Keep** Romantic drama. (2021, U, 84min) ★★
11.40 FILM **The Secret Ingredient** Comedy. (2020, PG, 83min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Summer Villa** (2016)

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Richard Wilson's Highland Fling**
1.00 PM **Celebrity Coach Trip**
2.00 **Love Your Garden**
3.00 **Garden Rescue**
4.00 **Robson Green's Weekend Escapes**
4.45 **This Farming Life**
6.00 **Love Your Garden**
7.00 **BSL Zone: Small World**
7.30 **Queer Lives Today**
8.00 **Garden Rescue**
9.00 **The Antiques Yard**
10.00 **BSL Zone: Small World**
10.30 **Queer Lives Today**
11.00 FILM **Girls Come First** Comedy starring John Hamill and Bill Kerr. (1975, 18, 43min) ★★
12.00 M'T FILM **The Playbirds** Adult thriller starring Mary Millington. (1978, 18, 94min) ★
2.00 AM **The Antiques Yard**
3.00 **This Farming Life**
4.15 **to 5.00** AM **Robson Green's Weekend Escapes**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge**
10.30 **Bottle Boys** (S1)
11.00 **The Fenn Street Gang**
11.30 **Hallelujah** 3/7. (S1)
12.00 NOON **Man in a Suitcase**
1.00 PM **Agony** 3/7. (S2)
1.30 **The Gaffer** (S3)
2.00 **Second Thoughts** (S2)
2.30 **The Fenn Street Gang**
3.00 **Hallelujah** 3/7. (S1)
3.30 **Boon** 3/13. (S5)
4.30 **Old Country** (S1)
5.00 **Stereo Underground**
6.00 **The Gaffer** 5/7. (S3)
6.30 **Danger Man** (S1)
7.00 **Bottle Boys** (S1)
7.30 **Doctor in Charge**
8.00 **Man in a Suitcase** (S1)
9.00 **The Man Who Made Husbands Jealous**
10.05 FILM **Bad Girls from Mars** (1990, 18) ★★
11.40 FILM **Blood for Dracula** Horror. (1974, 18) ★★
1.45 AM **Stereo Underground**
2.45 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **The Alaska Triangle** Documentary.
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters** Breakdowns and bandits plague Kellie and Henri. **8.00** The final week of gold season arrives, and the Dirt Dogs gamble big to hit their target.
9.00 **Dr Jeff: Rocky Mountain Vet** Jeff performs surgery on a dog that cannot keep its food down.
10.00 **Life at Vet University**
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **The Hairy Bikers' Mediterranean Adventure** In Corsica.
7.00 **Hairy Bikers' Mississippi Adventure**
8.00 **Prue Leith's Cotswold Kitchen** As 5.00pm.
9.00 **Jamie Cooks Italy**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Favourite Feasts**
2.00 **James Martin: Sweet**
3.00 **Hairy Bikers' Mississippi Adventure**
4.00 **Nigella Bites**
5.00 **Prue Leith's Cotswold Kitchen** Prue is joined by chef Tommy Banks.
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **James Martin's Spanish Adventure** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 19/28. (S1)
9.00 **T.J. Hooker** 14/19. (S5)
10.00 **Babylon 5** 7/22. (S2)
11.00 FILM **Arctic Apocalypse** Disaster movie. (2019, PG, 90min) ★
1.00 PM FILM **The Mountain** Action adventure. (1956, PG, 105min) ★★
3.00 FILM **Showdown** Western adventure. (1972, PG, 99min) ★★
5.00 **Star Trek** 21/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 8/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **Get Carter** Crime thriller remake. (2000, 15, 102min) ★★★
11.05 FILM **Escape Plan 2: Hades** Thriller sequel. (2018, 15, 96min) ★★
1.05 AM FILM **Wanted: Dead or Alive** Thriller. (1988, 106min) ★★
3.10 **to 5.00** AM FILM **The Outsider** Action thriller. (2014, 15, 94min) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM FILM **The Pledge** Western drama. (2008, PG, 79min) ★★★
11.00 **Andromeda** (S3)
12.00 NOON FILM **Slipstream** Sci-fi action adventure. (1989, PG, 101min) ★
2.00 PM **The Gambler Returns: The Luck of the Draw** Western.
4.00 **Walker, Texas Ranger**
5.00 FILM **Sinbad and the Clash of the Furies** Action adventure. (2016, 12, 90min) ★
7.00 **Andromeda** 1/22. (S4)
8.00 **The A-Team** 18/23. (S2)
9.00 FILM **Flight of the Intruder** War drama. (1991, 15, 113min) ★
11.25 FILM **The Hitcher** Road movie thriller. (1986, 18, 97min) ★★★★
1.25 AM FILM **Dog Eat Dog** Thriller. (2015, 18) ★★
3.15 FILM **Sinbad and the Clash of the Furies**
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Stockport.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Container Wars**
9.20 **Storage Hunters**
1.05 PM **Pawn Stars**
2.05 **Money for Nothing**
3.05 **Container Wars**
4.05 **Ancient Aliens**
5.00 **Alien Files Reopened**
6.00 **Storage Wars Canada**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **Secrets in the Sand**
10.00 **Secrets in the Dark** Mexico City's 15th-century tower of skulls.
11.00 **Mysteries Unearthed with Danny Trejo**
12.00 M'T **Discovered by Disaster** A sunken port.
1.00 AM **Alien Files Reopened** Documentary.
2.00 **Mysteries from Above**
3.00 **Container Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** Oregon River.
12.00 NOON **All Creatures Great and Small** (S3)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.35 **Around the World by Train with Tony Robinson** Thailand.
5.00 **Secret Life of the Forest**
6.00 **Sunken Warships: Secrets from the Deep**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Nick Knowles in South America** Nick reaches Argentina.
10.00 **Michael Palin in Nigeria** Ending his journey, Michael visits the city of Benin and sails on the River Ethiope.
11.00 **Prisoner: Cell Block H**
1.00 AM **Murder, She Wrote**
3.00 **Secret Life of the Forest**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **Who Wants to Be a Millionaire?** Quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** Four stars of *Emmerdale* pit their wits against the Chaser.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** With guests Tim Vine, Alice Beer, Ken Bruce and Sonny Jay.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.30** 14/24. Bernadette and Howard enlist Sheldon in their fight against a neighbour's balcony. (S12)
9.00 **Unacceptable** Alex Brooker says 'football shouldn't come home,' while Lou Sanders wants to ban pets.
10.00 FILM **Beverly Hills Cop** Comedy thriller starring Eddie Murphy. (1984, 15, 105min) ★★★★
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Friends** (S2&8)
9.00 **Everybody Loves Raymond** 2-5/26. (S3)
11.00 **The Upper Hand**
1.00 PM **Friends** (S5&6)
8.00 **Friends** 14/25. Phoebe is mistaken for an adult film star, and Chandler reveals he is unable to cry. **8.30** 15/25. The pals ponder what might have been. (S6)
9.00 **Stupid Central** New editions Featuring viral trends gone wrong and holidays from hell. **9.30** Featuring super-talented dogs.
10.00 **Mr Bean** 7&8/14. (S1)
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **Most Ridiculous**
1.00 AM **South Park** (S6)
3.25 **The Pep Talk**
3.30 **Alan Carr Live: Spexy Beast** Stand-up.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S2)
6.50 **Rosie Jones Tries to Help** With Harry Hill.
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends** (S3)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S2&3)
7.00 **Michael McIntyre's Big Show** Featuring Jessie J, Stereophonics and Alan Shearer.
8.00 **The Upper Hand** (S3)
9.00 **Friends**
2.00 AM **Michael McIntyre's Big Show** As 7.00pm.
3.00 **Most Ridiculous**
3.45 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Highlights**
10.10 **Bread** 5/14. (S6)
10.45 **Steptoe and Son** (S8)
11.20 **Oh, Doctor Beeching!**
11.55 **Rising Damp** 3/6. (S4)
12.30 PM **Man About the...**
1.00 **Goodnight Sweetheart**
1.35 **When the Boat Comes In** 11/15. Drama. (S3)
2.40 **Minder** 6/13. (S3)
3.45 **Just Good Friends** (S3)
4.25 **Man About the House**
4.55 **Bread** 5/14. (S6)
5.30 **Birds of a Feather** 2/8.
6.00 **That's 60s**
6.10 **Rising Damp** 2/6. (S4)
6.40 **Steptoe and Son** (S8)
7.20 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 3/10. (S10)
9.00 **Benidorm** 3/7. (S6)
10.00 **Shameless** 3/16. (S5)
11.00 **Man About the House**
11.35 **Mind Your Language**
12.05 AM **Benidorm** 3/7. (S6)
1.05 **Minder** 12/13. (S3)
2.05 **Duty Free** 5/7. (S2)
2.30 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Triple bill.
3.00 PM **Catfish: Troublemakers**
4.00 **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids Go Skint** Horse-loving Ellie learns about living on a budget with a family of six.
8.00 **Judge Judy** Real-life small-claims cases.
9.00 **Skin A&E** Dr Dev Shah treats a football fan with a large head cyst.
10.00 **Tattoo Fixers**
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness**
1.00 AM **Ink Master: Revenge**
2.45 **True Life Crime UK**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

20 July **Monday**

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush: White Water**
11.00 **Buying Alaska**
12.00 NOON **Building Alaska**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions.
5.00 **Alaska: Homestead Rescue** An Arizona homestead faces deadly monsoon floods and a menacing cougar.
6.00 In the Smoky Mountains, the Raneys visit a homestead on the brink of collapse.

8.00 The Woodland Workshop

7.00 Shorty's Dream Shop Shorty's right-hand man Joe Gomez wants to create a widebody Accord for his wife.

8.00 The Woodland Workshop Rich creates a stunning dinner set for heroic farmer Bill.

9.00 Maine Cabin Masters A huge storm threatens to derail Chase and the team's progress on one of their biggest projects yet.

10.00 Expedition X Heather and Phil track down a legendary creature that has terrorised French locals for centuries.

11.00 **The Alaska Triangle** A string of disappearances and mutilations in Alaska.
12.00 M'T **Deadliest Catch**
1.00 AM **Maine Cabin Masters**
2.00 **Expedition X** As 10.00pm.
3.00 **Edge of Alaska**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Saved by the Barn**
10.00 **Tanked** A *Wizard of Oz* tank.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Jackson Galaxy meets a woman overrun with neighbourhood cats.
4.00 Jackson tries to end the feud between a couple's cats.
5.00 **Lone Star Law**
6.00 **Dr Jeff: Rocky Mountain Vet** A basset hound requires surgery after being hit by a car.

8.00 Mountain Monsters

7.00 Treehouse Masters Pete Nelson builds a treetop fortress for a couple who love all things medieval.

8.00 Mountain Monsters Hunters track down unidentified Appalachian creatures, beginning in Wolfe County in Kentucky.

9.00 Alaska: The Last Frontier The Kilchers take Thanksgiving off the homestead and onto Atz Senior's homestead.

10.00 Alaskan Bush People: Bushcraft Chronicles The Browns discuss generating power for their wilderness settlement.

11.00 **The Haunted** A family's encounter with a ghost.
12.00 M'T **Crikey! It's the Irwins** Robert researches manta rays on the Great Barrier Reef.
1.00 AM **River of No Return**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Mega Marine Machines**
11.00 **Car S.O.S** A TVR Grantura.
12.00 NOON **Inside Airport Lost & Found** A lost gift is recovered.
1.00 PM **Aircrash: Disasters Uncovered** An investigation into an Alaska Airlines crash.
2.00 **Hitler's Secret Underground Factory** Documentary.
3.00 **Nazi Megastructures**
4.00 **Strangest Things**
5.00 **Draining New York: What Lies Beneath?**
6.00 **World War II: The Apocalypse**

8.00 Disaster Autopsy

7.00 Air Crash Investigation Experts investigate the shocking reasons behind a devastating plane crash in Buenos Aires.

8.00 Disaster Autopsy New edition The crash of a Boeing 737 Max, the capsizing of an oil rig, and the Notre-Dame fire.

9.00 Air Crash Investigation The case of a plane that crashed into a farmer's field, leading to rumours of a bomb on board.

10.00 Plane Crash Recreated The 1989 case of United Airlines Flight 232, which suffered a catastrophic failure to the tail-engine.

11.00 **Air Crash Investigation** The case of a commuter plane that crashed mere seconds after take-off in 1985.
12.00 M'T **Border Protection Spain**
1.00 AM **To Catch a Smuggler**
2.30 **Primal Survivor**
2.55 **Lords of War**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Documentary.
6.30 **Hardcore Pawn**
9.15 **Pawn Stars**
10.10 **Storage Wars** Four editions.
12.00 NOON **The UnXplained with William Shatner**
1.00 PM **Secrets Declassified with David Duchovny**
2.00 **Digging for Britain**
4.00 **Digging for Britain: WWII Special** A search for artefacts.
5.00 **Digging for Britain**
6.00 **American Pickers** A treasure trove in an aeroplane hangar.

10.00 UFO POV

7.00 Forged in Fire Four bladesmiths are tasked with forging a Crusader's Dagger from a thick rod of steel.

8.00 Secrets in the Ice Great mysteries that have been frozen in time, including the mummified remains of three Inca children.

9.00 Secrets Declassified with David Duchovny New edition A look at the secretive flights of Project Argus and Operation LAC.

10.00 UFO POV Footage, analysis and innovative special effects show what UFOs might see from their own perspective.

11.00 **UFO POV**
12.00 M'T **Digging for Britain** The graveyard of a Victorian workhouse in Northern Ireland.
1.00 AM The discovery of an 8,000-year-old settlement.
2.00 **World War II with Tom Hanks** New editions
4.00 **Secrets Declassified with David Duchovny** As 9.00pm.
5.00 **to 6.00** AM **Storage Wars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Eighties**
7.00 **Discovering: Robert Donat**
8.00 **The Directors**
9.00 **Vegas: The Story of Sin City**
10.00 **The Civil War**
11.05 **History of the Sitcom**
12.00 NOON **Flight 149: Hostage of War** A British Airways flight held hostage in Kuwait City.
1.50 PM **My Icon: Shaun Gayle**
2.00 **OJ: Made in America**
3.50 **My Icon: Pam Cookey**
4.00 **The Directors**
5.00 **Discovering: Robert Donat**
6.00 **Vegas: The Story of Sin City**

6.00 Vegas: The Story of Sin City

7.00 David Frost Vs Recalling some of the journalist's most famous interviews, starting with The Beatles.

8.00 Death of a Showjumper 1/3. Exploring the events surrounding the death of young showjumper Katie Simpson in 2020.

9.00 Death of a Showjumper 2/3. A detective explores the past of Katie Simpson's sister's partner Jonathan Cresswell.

10.00 Death of a Showjumper 3/3. Katie Simpson's family and friends prepare for Jonathan Cresswell's murder trial.

11.00 **OJ: Made in America** 1/5. Documentary chronicling the rise and fall of OJ Simpson.
12.50 AM **FILM When We Were Kings** Leon Gast's oscar-winning boxing documentary. (1996, PG, 87min) ★★★★★
2.30 **Schmeichel**
4.30 **PL Legends: David Seaman**
5.00 **to 6.00** AM **Discovering: Robert Donat**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Gem Hunters Down Under** Double bill.
1.00 PM **Ant Anstead: Born Mechanic** A Fiat 500.
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz Townshend uncover an Armstrong Siddeley Hurricane.
9.00 **Shed and Buried**
10.00 **The Repair Shop**
11.00 **British Superbikes**
12.00 M'T **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Love, Honor, Betray** Documentary.
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Ian Huntley.
4.00 **American Monster**
6.00 **Evil Lives Here**
7.00 **Judge Rinder's Crime Stories** An incident where the homeowner shot an intruder later linked to a murder.
8.00 **Murder on CCTV**
9.00 **Faking It: Tears of a Crime** Karen Matthews.
10.00 **Deadliest Mums & Dads**
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** The case of nurse Beverley Allitt.
8.00 **UK Crime Files: Boarded Barn Murders** Investigating crimes that took place at a remote barn house in Cheshire.
9.00 **UK Crime Files: A Deadly Love Triangle** Exploring a case on the Orkney island of Sanday involving a love triangle.
10.00 **Donal MacIntyre's Killer Evidence**
11.00 **Secrets of a Murder Detective** Documentary.
12.00 M'T **UK Crime Files: Boarded Barn Murders**
1.00 AM **UK Crime Files: A Deadly Love Triangle**
2.00 **Donal MacIntyre's Killer Evidence**
3.00 **Murder UK**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: The Twilight Killers**
9.55 **UK Crime Files: Murder Without Motive**
11.00 **Secrets of a Murder Detective** True-crime.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: The Silent Assassin**
3.00 **UK Crime Files: Body in the Bag**
4.00 **Secrets of a Murder Detective** True-crime.
5.00 **Medical Detectives** A mother and her two children are found murdered in their beds.
5.30 A woman's body is found under a bridge.
6.00 Three construction workers are found dead.
6.30 A Texas ex-con is arrested for a murder.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Killer in My Village** Kerry Woolley.
1.00 PM **Murdered at First Sight** Debbie Buxton.
2.00 **World's Most Evil Killers**
3.00 **Catching the Killer**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Killing Mum and Dad**
10.00 **Catching the Killer**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil Killers** Documentary.
1.00 AM **Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **Send in the Dogs**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Documentary.
8.35 **Treasures Decoded**
9.35 **The Siege of Leningrad**
10.35 **Nazi Ratlines in Franco's Madrid**
11.55 **The War** As 9.30pm.
1.00 PM **America the Bountiful** Documentary.
1.35 **Treasures Decoded**
2.35 **The Siege of Leningrad**
3.45 **Nazi Ratlines in Franco's Madrid**
5.00 **The War** As 9.30pm.
6.05 **Treasures Decoded**
7.05 **The Siege of Leningrad** The encirclement of the Soviet city.
8.15 **Nazi Ratlines in Franco's Madrid** How Nazis used Madrid as part of their escape route in 1944.
9.30 **The War** Hitler takes an enormous gamble.
10.40 **The Siege of Leningrad**
12.00 M'T **Nazi Ratlines in Franco's Madrid**
1.15 **to 2.00** AM **America the Bountiful**

MONDAY

Monday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Great Blue Wild**
10.00 **New Kids in the Wild**
11.00 **Secrets of the Enchanted Waters** Documentary.
12.00 NOON **Africa's Claws and Jaws**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Great Blue Wild**
4.00 **New Kids in the Wild**
5.00 **Secrets of the Enchanted Waters** Documentary.
6.00 **Africa's Claws and Jaws**
7.00 **Monkey Life** Double bill.
8.00 **Surviving the Amazon**
9.00 **Superbeast** A celebration of nature's ultimate athletes.
10.00 **Africa's Claws and Jaws**
11.00 **Secrets of the Enchanted Waters** Documentary.
12.00 M'T **Land of Primates**
1.00 AM **Hope for Wildlife**
2.00 **Surviving the Amazon**
3.00 **Superbeast** As 9.00pm.
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Great Blue Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Combat Trains**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens**
1.00 PM **Digging for Britain**
5.00 **Digging Up Britain's Past**
6.00 **Mysteries from Above**
7.00 **UFO Hunters** Unusual events involving military and intelligence agencies.
8.00 **Battle 360** World War Two battles are reconstructed using CGI animation, beginning by showing how the aircraft carrier USS *Enterprise* battled enemy submarines in the Pacific.
9.00 **The Proof Is Out There: Unexplained Edition** Examining three bizarre claims – Bigfoot in Florida, dinosaurs in suburban backyards and a goblin caught on a Kentucky security camera.
10.00 **Killer Kings** Ivan the Terrible.
11.00 **Ancient Aliens**
1.00 AM **UFO Hunters**
2.00 **Digging for Britain**
5.00 **to 6.00** AM **Crimes That Shook Britain**

Discovery Science

167 148 179

8.00 AM **Killers of the Cosmos**
11.00 **You Have Been Warned**
1.00 PM **Richard Hammond's Big**
3.00 **How the Universe Works**
6.00 **How Do They Do It?** Six editions of the series.
9.00 **How the Universe Works** New discoveries reveal that neutron stars have the power to destroy planets and even other stars. **10.00** Supernovas are the violent death of giant stars. New discoveries reveal how these events create the elements that are essential to all life in the universe.
11.00 **NASA's Unexplained Files** Experts investigate a mysterious object that the *New Horizons* spacecraft encountered. **12.00** M'T When astronomers discover a rogue black hole speeding through the Milky Way, they investigate how much danger it poses to Earth.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Truth Behind the Moon Landing**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Robbie Coltrane's Critical Evidence** Triple bill.
2.00 PM **Green Eyed Killers**
3.00 **Sunshine Slayings**
6.00 **On the Case with Paula Zahn**
7.00 **The First 48** A father is found dead after his plan to evict a tenant ignites a rage.
8.00 **Green Eyed Killers** A pregnant woman vanishes after meeting her estranged husband.
9.00 **Murder at the Motel** A woman with a brain injury found dead in a Colorado motel room.
10.00 **Look What You Made Me Do**
11.00 **Sunshine Slayings**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **The Death Investigator with Barbara Butcher** New edition
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: North Carolina** Documentary.
10.00 **Europe's New Wild**
11.00 **Fish Tank Kings**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Heartland Docs**
3.00 **World's Weirdest**
4.00 **Secrets of the Zoo**
5.00 **Yukon Vet**
7.00 **Secrets of the Zoo** The staff await the zoo's first giraffe birth in more than 20 years.
8.00 **NEW World's Biggest Sharks** Scientists go in search of the largest shark on the planet, exploring the factors that allow some apex predators to grow to extraordinary sizes.
9.00 **Sharks of the North** Sightings of great white sharks on Canada's Atlantic coast.
10.00 **Lawless Island**
11.00 **Ultimate Airport Dubai**
12.00 M'T **World's Deadliest**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Fish Tank Kings**

Discovery History

161/172 147 181

7.00 AM **Expedition Unknown: Hunt for Extraterrestrials**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Aliens in Alaska**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** New discoveries reveal the significance of neutrinos.
8.00 **Apollo: The Forgotten Films** Documentary charting an extensive search for unseen footage of the 1969 Moon landing, exploring the untold story behind these iconic images.
10.00 **How Do They Do It?**
11.00 **Combat Dealers** A medal from the Battle of the Somme.
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Secrets of the London Underground** Four editions.
1.00 PM **Secrets of the London Underground** Four editions.
5.00 **Citizen Smith** Triple bill.
7.00 **Whatever Happened to the Likely Lads?** First episode of the classic comedy sequel. **7.40** Terry does not get the welcome home from holiday that he was expecting.
8.20 **Citizen Smith** Wolfie is shocked by a surprise visitor. **9.00** The gang attempt to prove Speed's innocence. **9.40** Wolfie gets in trouble when he tries to save Tooting.
10.20 **Whatever Happened to the Likely Lads?** Double bill.
11.35 **Citizen Smith** Triple bill.
1.35 AM **Whatever Happened to the Likely Lads?** Double bill.
2.55 **Citizen Smith** Triple bill.
4.30 **Whatever Happened to the Likely Lads?** Double bill.
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1hour 266 376

ID

154 140 166

8.00 AM **Evil Lives Here**
12.00 NOON **Still a Mystery**
1.00 PM **American Monster**
3.00 **Murder Comes to Town**
7.00 **Evil Online** When Ashley Pegram went missing after meeting a man through a dating app, police discovered she was caught up in a nightmarish trap set by an online predator. **8.00** The case of high-school student Brandon Wentzell, who fell for Clarissa Chistiakov online. However, Chistiakov was a fake identity and Jessica Boudreau led Wentzell to his death.
9.00 **True Conviction** Documentary investigating the murders of Margarita Ruiz and her adult daughter Hope in March 2000.
10.00 **On the Case with Paula Zahn** A dying man's last rites ends with a priest's shocking murder.
11.00 **Feds** The FBI uncover a terror plot in a small town in Kansas.
12.00 M'T **Police 911: Michigan**
2.00 AM **Murder Comes to Town**
4.00 **to 6.00** AM **Evil Online**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Big**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Garage Rehab**
2.00 **Ant Anstead Master Mechanic**
3.00 **G.A.S. Extreme Customs**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Faster with Finnegan**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Faster with Finnegan** The guys replace the rear wheels of three cheap cars with metal skids.
9.00 **Outback Truckers** Josh Carter hauls a monster oversized convoy, and Steve Grahame transports a triple trailer load while battling the elements.
10.00 **G.A.S. Extreme Customs**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Faster with Finnegan**
1.00 AM **Richard Hammond's Big**
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

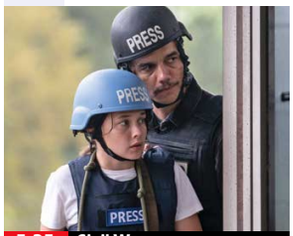
+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
7.40 **Wicked: For Good** Fantasy. (2025, PG, 137min) ★★★
10.15 **Grand Prix of Europe** Animation. (2025, U, 98min)
12.00 NOON **Anaconda** As 8.00pm.
1.55 PM **Redux Redux** Fantasy. (2025, 15, 109min) ★★★★
3.50 **In Cold Light** As 11.35pm.
5.35 **Civil War** (2023, 15) ★★★★
7.30 **The Odyssey: The Making...**



5.35 Civil War

8.00 Anaconda Action comedy starring Jack Black and Paul Rudd. Two friends encounter a terrifying creature while remaking their favourite movie. With Thandiwe Newton. (2025, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Night Patrol Horror thriller starring Jermaine Fowler. An LA cop discovers a local task force is hiding a secret that puts the residents of his childhood neighbourhood in danger. (2025, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **In Cold Light** Crime thriller starring Maika Monroe. (2025, 15, 96min) ★★★
1.15 AM **Bugonia** Black comedy thriller starring Emma Stone. (2025, 15, 118min) ★★★★
3.25 **Strung** Thriller starring Chloe Bailey. (2026, 15, 119min)
5.30 **to 6.00** AM **The Odyssey: The Making of an Epic**

Sky Cinema Karate Kid

303 303 403 503 517

6.00 AM **The Karate Kid** (1984)
8.10 **The Karate Kid Part II** (1986)
10.05 **The Karate Kid: Part III**
12.00 NOON **The Next Karate Kid**
1.50 PM **The Karate Kid** Adventure starring Jaden Smith. (2010, PG, 140min) ★★★
4.10 **Karate Kid: Legends** Martial arts adventure starring Jackie Chan. (2025, 12, 94min) ★★★
5.50 **The Karate Kid** Martial arts adventure with Ralph Macchio. (1984, 12, 127min) ★★★★

5.50 The Karate Kid

8.00 The Karate Kid Part II Martial arts adventure sequel starring Ralph Macchio and Noriyuki 'Pat' Morita. The Karate Kid and his mentor travel to Japan to settle a long-standing duel of honour. With Tamlyn Tomita. (1986, PG, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 The Karate Kid: Part III Martial arts adventure sequel starring Ralph Macchio. Young karate champion Daniel LaRusso and his mentor Mr Miyagi tangle with their old enemy Kreese. (1989, PG, 111 min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **The Next Karate Kid** Martial arts adventure sequel. (1994, PG, 104min) ★★
2.10 **The Karate Kid** Adventure. (2010, PG, 140min) ★★★
4.40 **Sky Cinema Preview**
5.20 **to 7.00** AM **Karate Kid: Legends** As shown at 4.10pm.

Sky Cinema Drama

310 310 410 510 524

6.10 AM **Freud's Last Session** Drama. (2023, 12, 109min) ★★
8.10 **All Is True** As 2.45am.
9.55 **The End of the Affair** (1955)
11.55 **Materialists** Romantic comedy. (2025, 15, 116min) ★★★★
1.55 PM **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
3.45 **The Choral** Period comedy drama starring Ralph Fiennes. (2025, 15, 113min) ★★★★
5.45 **Dreamgirls** Musical with Jamie Foxx, Beyoncé Knowles, Eddie Murphy and Jennifer Hudson. (2006, 12, 130min) ★★★★
8.00 **Cast Away** Adventure drama starring Tom Hanks. A man must learn the physical and emotional secrets of survival when he is stranded on a South Pacific island. With Helen Hunt. (2000, 12, 143min) ★★★★
10.40 **Grease** Musical starring John Travolta and Olivia Newton-John. (1978, PG, 110min) ★★★★
12.40 AM **Grease 2** Musical sequel starring Michelle Pfeiffer. (1982, PG, 109min) ★★
2.45 **All Is True** Biographical drama. (2018, 12, 101min) ★★★
4.35 **to 6.30** AM **The End of the Affair** Romantic drama. (1955, PG, 106min) ★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.05 AM **The Cinema List: Spielberg**
6.25 **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
8.20 **Beast of War** As 4.20am.
10.00 **Pet Sematary** Horror. (2019, 15, 101min) ★★★
11.55 **Chappie** Sci-fi thriller. (2015, 15, 120min) ★★
2.00 PM **Kill** Thriller. (2023, 15) ★★★
3.45 **Tremors** Monster chiller. (1990, 15, 96min) ★★★★
5.30 **Mickey 17** Sci-fi comedy. (2024, 15, 137min) ★★★
8.00 **Pitch Black** Sci-fi chiller with Vin Diesel and Radha Mitchell. (1999, 15, 108min) ★★★★
10.00 **The Exorcist** Occult horror chiller starring Max von Sydow, Linda Blair, Jason Miller and Ellen Burstyn. A priest battles to exorcise a powerful demon possessing a young girl. (1973, 18, 121min) ★★★★★
12.10 AM **Nosferatu** Horror thriller. (2024, 15, 132min) ★★★★
2.35 **From Dusk Till Dawn 3: The Hangman's Daughter** Western sequel. (2000, 18, 94min) ★★
4.20 **Beast of War** Horror thriller. (2025, 15, 87min) ★★★★
5.50 **to 7.30** AM **If You Were the Last** Sci-fi romantic comedy. (2023, 15, 92min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.10 AM **MouseHunt** (1997) ★★★★
7.50 **The SpongeBob Movie...**
9.25 **The Wild Thornberrys Movie**
11.05 **Jumanji: Welcome to the Jungle** (2017, 12) ★★★★
1.05 PM **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
2.40 **The Angry Birds Movie** Animation. (2016, U) ★★★
4.20 **The Angry Birds Movie 2** Animation. (2019, U) ★★★
6.00 **Stuart Little** (1999) ★★★★★

8.50 Babe

7.30 **Stuart Little 2** Children's fantasy adventure sequel. (2002, U, 78min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

8.50 **Babe** Comedy drama about a talking pig who wants to be a sheepdog, starring James Cromwell and Magda Szubanski, and featuring the voice of Christine Cavanaugh. (1995, U, 92min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Cats & Dogs** Fantasy comedy featuring the voice of Tobey Maguire. (2001, PG, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Penguins of Madagascar** Animation. (2014, U) ★★★★
1.30 AM **Lemony Snicket's A Series of Unfortunate Events** Fantasy. (2004, PG) ★★★★
3.20 **Yogi Bear** Family comedy. (2010, U, 81min) ★★★
4.50 **to 6.30** AM **Charlotte's Web** Screen version of EB White's book. (2006, U, 97min) ★★★

Sky Cinema Action

306 306 407 507 521

7.15 AM **Clash of the Titans**
9.10 **Venom** Fantasy adventure. (2018, 15, 112min) ★★★
11.10 **Kraven the Hunter** (2024)
1.25 PM **Hellboy II: The Golden Army** Horror fantasy sequel. (2008, 12, 115min) ★★★★
3.35 **Transformers** Sci-fi action adventure with Shia LaBeouf. (2007, 12, 144min) ★★★★
6.05 **Clash of the Titans** Fantasy starring Sam Worthington. (2010, 12, 106min) ★★

6.05 Clash of the Titans

8.00 **Transformers: Revenge of the Fallen** Sci-fi action adventure sequel inspired by the shape-changing toys, starring Shia LaBeouf and Megan Fox. A college student and his girlfriend get caught up in a titanic struggle between good and evil alien robots. With Josh Duhamel and Tyrese Gibson. (2009, 12, 149min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **300** Epic adventure starring Gerard Butler and Lena Headey. (2006, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Kraven the Hunter** Fantasy adventure starring Aaron Taylor-Johnson. (2024, 15, 127min) ★★★
3.00 **The Toxic Avenger** Horror comedy with Peter Dinklage. (2023, 18, 102min) ★★★
4.55 **to 6.55** AM **Bloodshot** Sci-fi thriller. (2020, 12, 109min) ★★

Sky Cinema Comedy

308 308 408 508 522

6.45 AM **Eddington** Western. (2025, 15, 148min) ★★★★
9.20 **Pitch Perfect** Musical comedy. (2012, 12, 112min) ★★★★
11.15 **Pitch Perfect 2** Comedy sequel. (2015, 12, 112min) ★★★
1.15 PM **Pitch Perfect 3** Comedy sequel. (2017, 12, 93min) ★★★
2.50 **Instant Family** Comedy. (2018, 12, 118min) ★★★★
4.55 **Liar Liar** (1997, 12) ★★★★
6.25 **Billy Madison** Comedy. (1995, PG, 90min) ★★

8.00 Sex Tape

8.00 **Sex Tape** Comedy starring Cameron Diaz and Jason Segel. A couple try to spice up their marriage by filming themselves having sex. With Rob Lowe. (2014, 15, 94min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Anaconda** Action comedy starring Jack Black and Paul Rudd. Two friends encounter a terrifying creature while remaking their favourite movie. With Thandiwe Newton. (2025, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Bridget Jones: Mad About the Boy** Romantic comedy. (2024, 15, 125min) ★★★★
1.35 AM **Seven Psychopaths** Dark comedy starring Colin Farrell. (2012, 15, 106min) ★★★★
3.35 **Blue Moon** Comedy drama. (2025, 15, 100min) ★★★★
5.25 **to 7.15** AM **Sleepless in Seattle** Romantic comedy. (1993, PG, 105min) ★★★★★

Sky Cinema Thriller

309 309 409 509 523

7.40 AM **All the Devils Are Here** Thriller starring Eddie Marsan. (2025, 15, 87min) ★★★★
9.20 **Ocean's Twelve** Thriller sequel. (2004, 12, 125min) ★★★★
11.30 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
1.30 PM **Jaws** Monster thriller. (1975, 12, 125min) ★★★★★
3.40 **Lethal Weapon 4** Thriller. (1998, 15, 128min) ★★★
5.55 **Ocean's Thirteen** Thriller. (2007, PG, 122min) ★★★

10.05 Se7en

8.00 **Jaws 2** Adventure thriller sequel starring Roy Scheider. Martin Brody, chief of police in the Long Island resort of Amity, fears that a shark is once more in the vicinity when a mutilated whale is washed ashore. (1978, PG, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Se7en** Thriller with Brad Pitt and Morgan Freeman. A veteran homicide detective and his young partner pursue a serial killer who is selecting his victims according to the Seven Deadly Sins. (1995, 18, 127min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **No Ordinary Heist** Thriller. (2026, 15, 99min) ★★★
2.05 **The Surfer** Thriller. (2024, 15, 100min) ★★★★
3.55 **The Line** Drama starring Alex Wolff. (2023, 15, 100min) ★★★
5.45 **to 7.30** AM **Night Call** Thriller. (2024, 15, 97min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Broken Lance** Western. (1954, U, 96min) ★★★★
12.55 PM **Forty Guns** Cult western. (1957, b/w, PG, 76min) ★★★
2.30 **D-Day the Sixth of June** World War Two romance. (1956, PG, 106min) ★★
4.40 **The Poseidon Adventure** Thriller. (1972, PG) ★★★★★
6.55 **The Adjustment Bureau** Romantic sci-fi thriller. (2011, 12, 105min) ★★★★

9.00 Cocaine Bear

The Adjustment Bureau (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Cocaine Bear** Comedy thriller starring Keri Russell. A group of cops, criminals, tourists and teenagers encounter a bear that goes on a murderous rampage after ingesting cocaine. (2023, 15, 95min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **Commando** Thriller with Arnold Schwarzenegger. A retired commando returns to combat when his daughter is kidnapped by a former comrade. (1985, 18, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 **to 3.10** AM **Crime Time** Psycho-thriller with Stephen Baldwin. (1996, 18, 119min) ★

8 PM
9 PM
10 PM
11 PM

+1 hour 314 430 47 301 257

Sky Cinema 2026 Recap

302 302 402 502 516

6.45 AM **Tafiti: Across the Desert** Animation. (2025, PG) ★★★
8.10 **The Bad Guys 2** Animation. (2025, PG, 104min) ★★★★
10.00 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
11.35 **How to Train Your Dragon** Fantasy starring Mason Thames. (2025, PG, 125min) ★★★★
1.45 PM **Xeno** Fantasy adventure. (2025, 15, 103min) ★★★
3.35 **The Shadow's Edge** Action thriller. (2025, 15, 141min) ★★★
6.00 **28 Years Later** Horror thriller. (2025, 15, 115min) ★★★★
8.00 **I Know What You Did Last Summer** Horror thriller reboot starring Madelyn Cline. A group of friends are terrorised by a stalker who knows about a gruesome secret from their past. (2025, 15, 119min) ★★★
10.00 **The Bride!** Horror starring Jessie Buckley and Christian Bale. (2025, 15, 126min) ★★★★
12.10 AM **M3GAN 2.0** Sci-fi thriller sequel starring Allison Williams. (2025, 15, 120min) ★★★
2.15 **Strung** Thriller starring Chloe Bailey. (2026, 15, 119min).
4.25 **to 6.00** AM **The Gentleman** Thriller starring Ron Perlman. (2025, 15, 89min) ★★

Sky Cinema Greats

307 307 404 504 518

6.30 AM **Cat Ballou** Spoof Western. (1965, PG, 96min) ★★★★
8.15 **The Hunt for Red October** Thriller. (1990, PG) ★★★★
10.35 **Robin Hood: Prince of Thieves** Fantasy adventure starring Kevin Costner. (1991, PG, 138min) ★★
1.00 PM **First Knight** Mythical drama. (1995, PG, 134min) ★★★
3.20 **Police Academy** Comedy. (1984, 15, 95min) ★★★
5.00 **Police Academy 2: Their First Assignment** Comedy sequel. (1985, 12, 87min) ★★
6.30 **Police Academy 3: Back in Training** Comedy sequel. (1986, PG, 82min) ★
8.00 **Ghostbusters** Supernatural comedy starring Bill Murray. (1984, 12, 105min) ★★★★
9.50 **Ghostbusters II** Action comedy sequel. (1989, PG, 99min) ★★★
11.40 **Planes, Trains and Automobiles** Comedy starring Steve Martin. (1987, 15, 92min) ★★★★★
1.15 AM **See No Evil, Hear No Evil** Comedy thriller. (1989, 15) ★★★
3.00 **The Man with Two Brains** Comedy. (1983, 15) ★★★★
4.40 **The Cinema List: Bingeable**
5.00 **to 6.50** AM **The First Wives Club** Comedy with Goldie Hawn. (1996, PG, 102min) ★★★

Disney+ Cinema

305 305

6.00 AM **Cars 2** Animated comedy sequel. (2011, U, 102min) ★★★
7.50 **Alice in Wonderland** Cartoon version of Lewis Carroll's tale. (1951, U, 75min) ★★★★
9.10 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** As 3.35am.
11.35 **Duck Tales the Movie: Treasure of the Lost Lamp** Animation. (1990, U, 73min) ★★★
12.50 PM **Maleficent** Adventure. (2014, PG, 97min) ★★★★
2.30 **Up** Animated comedy. (2009, U, 96min) ★★★★★
4.10 **Monsters, Inc** Animation. (2001, U, 95min) ★★★★★
5.45 **The Good Dinosaur** Animation. (2015, PG, 101min) ★★★★
7.20 **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
9.00 **Hitman: Agent 47** Action thriller. (2015, 15, 92min) ★★
10.35 **Flightplan** Suspense thriller. (2005, 12, 98min) ★★★★
12.20 AM **A Real Pain** Comedy drama. (2024, 15, 90min) ★★★★★
1.50 **Gifted** Drama starring Chris Evans. (2017, 12, 101min) ★★★★
3.35 **to 6.00** AM **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy. (2005, PG, 140min) ★★★★

Movies 24

312 313 419

7.00 AM **Holiday Touchdown: A Chiefs Love Story** Festive drama. (2024, PG, 90min) ★★
9.00 **The Snow Must Go On** Festive drama. (2025, PG, 90min) ★★
11.00 **A Grand Ole Opry Christmas** Festive drama. (2025, PG) ★★
1.00 PM **Three Wiser Men and a Boy** Comedy. (2024, PG) ★★
3.00 **The Great Christmas Snow-In** Drama. (2024, PG, 90min) ★★
5.00 **Trading Up Christmas** Festive drama. (2024, PG, 90min) ★★
7.00 **A Newport Christmas** Romantic drama starring Ginna Claire Mason. (2025, PG, 89min) ★★
9.00 **Deck The Halls on Cherry Lane** Festive drama anthology sequel, following the events that unfold over Christmas in three different years. Stars Brooke D'Orsay, Sam Page and Erin Cahill. (2024, PG, 90min) ★★
11.00 **The Santa Summit** Romantic drama. (2023, PG, 90min) ★★
1.00 AM **Everything Christmas** Festive comedy starring Cindy Busby. (2023, PG, 85min) ★★
3.00 **to 5.00** AM **A Royal Montana Christmas** Festive drama. (2025, PG, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **The Vise** 14/39. (S1)
6.30 **Three Sundays to Live** Thriller. (1957, b/w, U, 71min) ★★★
7.50 **The Professionals** Crime drama. (1960, b/w, 61min) ★★★
9.05 **What's on TPTV with Noel**
9.15 **British Intelligence** Spy thriller. (1940, b/w, PG, 63min) ★★
10.30 **Z Cars** 26/28. (S9)
11.30 **Star Performance** 23/38. (S3)
12.00 NOON **Danger UXB** 13/13. (S1)
1.05 PM **Richard the Lionheart** (S1)
1.35 **The Flemish Farm** War drama. (1943, b/w, PG, 82min) ★★
3.15 **Look at Life**
3.30 **Last Holiday** Comedy drama. (1950, b/w, U, 88min) ★★★
5.15 **1950s Celebrity Tea Party**
5.20 **Tawny Pipit** Comedy drama. (1944, b/w, U, 81min) ★★
7.00 **The Footage Detectives**
8.00 **Maigret** 2/3. (S2)
9.50 **So Evil, So Young** Drama with Jill Ireland and Ellen Pollock. (1961, PG, 77min) ★★★
11.25 **The Lawless Years** 9/18.
11.55 **Murders in Sarlat** French crime thriller. (2017, 15, 92min) ★★★
1.55 AM **Melody** Romantic drama. (1971, PG, 103min) ★★
4.05 **It Happened Today**
4.30 **Honey West** 30/30. (S1)
5.00 **to 6.00** AM **The Rogues**

MONDAY Sport 20 July

Monday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
10.00 **World Cup Report**
7.00 PM LIVE **World Matchplay Darts** Coverage of the third day of the tournament staged at Winter Gardens in Blackpool, featuring four first-round matches. Josh Rock recorded a three-dart average of 104 in a 10-5 victory over Ross Smith in the corresponding session last year, while Chris Dobey, Gerwyn Price, and Michael van Gerwen all secured a spot in the second round with wins over Ricardo Pietreczko, Daryl Gurney and Raymond van Barneveld.
11.00 **World Cup Report** A round-up of the day's World Cup news.
1.00 AM LIVE **WNBA Toronto Tempo v Las Vegas Aces.** Coverage of the inter-conference match at Coca-Cola Coliseum. Tip-off **1.00am**.
3.30 LIVE **WNBA Seattle Storm v Minnesota Lynx.** The Western Conference match at Climate Pledge Arena, which is joined in progress.
5.30 **to 6.00** AM **World Cup Report**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
9.00 **Premier League Highlights**
11.00 **SNF** Action from Tottenham Hotspur v Brighton & Hove Albion.
11.30 **Premier League Highlights**
12.30 PM **MNF Hlts** Action from Crystal Palace v West Ham United.
1.00 **FNF** Sunderland v Nottingham Forest at the Stadium of Light.
1.30 **Premier League Highlights** Bournemouth v Leeds United.
2.00 Liverpool v Crystal Palace.
2.30 West Ham United v Everton.
3.00 Wolverhampton Wanderers v Tottenham Hotspur highlights.
3.30 **SNF** Arsenal v Newcastle United.
4.00 **Premier League Highlights** Burnley v Manchester City.
4.30 Highlights from Brighton & Hove Albion v Chelsea.
5.00 **MNF Hlts** Action from Manchester United v Brentford.
5.30 **Premier League Stories**
6.00 **Premier League Review**
8.00 **Netbusters** Recent action.
9.00 **Premier League Review**
11.00 **Premier League Years**
1.00 AM **PL Retro** Archive action.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 1997/98**
5.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **Championship Retro**
8.00 **Jimmy Glass: The Great Escape**
8.30 **EFL Rivalries** East Anglian Derby.
9.00 **SPFL Highlights** Rangers v Celtic from the 2020/21 season.
9.30 **EFL Greatest Games**
10.00 **EFL Cup** Action from Liverpool v Manchester City in the 2016 final.
11.00 **SPFL Highlights**
11.30 **EFL Greatest Games**
12.00 NOON **EFL** The 2014 play-offs.
3.00 PM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Goals: EFL Cup 25/26**
5.30 **EFL Trophy Football**
6.00 **EFL** Southend United v Wycombe Wanderers from 2014/15.
7.00 Preston North End v Swindon Town from 2014/15.
8.00 Action from Middlesbrough v Norwich City in the 2014/15 Championship play-off final.
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **Championship Retro** West Ham United v Blackpool in the 2011/12 Championship play-off final.
12.00 M'T **EFL Highlights**
3.00 AM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **T20 Blast Cricket** The final of the men's competition staged at Edgbaston in Birmingham.
10.15 **One-Day International Cricket** Action from England v India in the first game of the three-match ODI series held at Edgbaston.
11.15 England v India in game two at Sophia Gardens in Cardiff.
12.15 PM England v India in the third and final ODI of the series at Lord's Cricket Ground in London.
1.15 **Nepal Climbing Cricket's Mountain** Nepal's mission to become a Test-playing nation.
1.45 **Best of ICC WT20** England v Australia in the 2010 final.
2.00 **The Hundred** Replay of Northern Superchargers v Southern Brave in the women's competition.
6.00 **The Hundred** Another chance to see Oval Invincibles v Trent Rockets in the 2025 men's final.
10.00 **International T20 Cricket** Another chance to see England v India in the fifth T20 in the five-match series staged at The Rose Bowl in Hampshire.
2.30 AM **Best of ICC WT20**
3.00 **to 6.00** AM **One-Day International Cricket**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Sunday at The Open**
8.00 **The Open** Another chance to see day four at Royal Birkdale Golf Club in Southport, Merseyside.
6.00 PM **Chronicles of a Champion Golfer** A profile of Tiger Woods.
6.30 **Tour Golf Highlights** Action form the German Challenge.
7.00 **PGA Tour Golf** The Corales Puntacana Championship.
8.00 **The Open** Action from day four.
9.00 **Justin Rose: Chasing Forever**
10.00 **Underdogs: The Untold Story of The 138th Open Championship** A look back at the 2009 Open Championship.
11.00 **PGA Tour Golf** The Corales Puntacana Championship.
12.00 M'T **The Open** The fourth day.
1.00 AM **Legends Tour Golf**
2.00 **Chronicles of a Champion Golfer** Profiles of leading players.
3.00 **to 6.00** AM **Open Official Films**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
10.00 LIVE **WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours, including the ATP Austrian Open, ATP Estoril Open, WTA Hamburg Open and WTA Prague Open.
8.00 PM **ATP Tour This Week**
8.30 **ATP Tennis** Swiss Open final.
9.30 Swedish Open final.
10.30 **WTA Tennis** Iasi Open final.
11.30 Athens Open final.
12.30 AM **ATP Tennis** Croatia Open.
1.30 **ATP Tour This Week**
2.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **Formula 1** Belgian Grand Prix.
8.00 **One-Day International Cricket**
9.00 **The Open** Action from day four.
10.00 **WTA Tennis** Athens Open final.
12.00 NOON **Formula 1** Highlights from the Belgian Grand Prix.
1.00 PM **The Open** The fourth day.
2.00 **PL Greatest Games**
3.00 **Super League** A replay of Leeds Rhinos v Warrington Wolves.
5.45 **Women's State of Origin** New South Wales v Queensland.
6.00 **PGA Tour Golf** Highlights of day four of the ISCO Championship.
7.00 **The Open** Action from day four.
8.00 **Formula 1** Belgian Grand Prix.
9.00 **One-Day International Cricket** Highlights from England v India.
10.00 **Formula 1** British Grand Prix.
11.00 **ATP Tennis** Indian Wells Open.
12.00 M'T **EFL Greatest Games**
1.00 AM **NBA Basketball**
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Men Highlights** The 15th stage.
7.00 **Supercars Championship Highlights** NTI Townsville 500.
9.00 **One-Day International Cricket**
10.00 **UEFA Europa League & Conference League Magazine**
12.00 NOON **UEFA Champions League Magazine**
1.00 PM **A-Z: Commonwealth Games**
1.30 **Tour de France Men Highlights**
2.30 **British Superbikes**
4.00 **One Day International Cricket**
5.00 **Serie A** Season review.
6.00 LIVE **Ultimate Pool** The Group Six matches in the Champions League tournament.
9.30 **One-Day International Cricket** West Indies v New Zealand.
10.30 **MLB Classic** Archive action.
11.00 **MLB Highlights** Baseball action.
12.00 M'T LIVE **MLB Philadelphia Phillies v Los Angeles Dodgers.** The National League match held at Citizens Bank Park. Start-time **12.10am**.
3.00 AM LIVE **MLB Seattle Mariners v Cincinnati Reds.** The inter-league match at T-Mobile Park, joining in progress.
5.30 **to 6.00** AM **MLB Classic**

TNT Sports 2

411 414 522 409 431

6.00 AM **Premier League Netbusters** Highlights from the 2025/26 Premier League season.
6.00 PM **Premier League Netbusters** Matchday 26 of the 2025/26 Premier League season.
6.30 Games from matchday 27.
7.00 Matchday 28 highlights.
7.30 The best action from matchday 29 of the season.
8.00 Matchday 30 action, with fixtures including West Ham United v Manchester City.
8.30 Matchday 31, including Brighton & Hove Albion v Liverpool.
9.00 Matchday 32 highlights.
9.30 Action from matchday 33.
10.00 Matchday 34 highlights.
10.30 Matchday 35 action.
11.00 Action from matchday 36.
11.30 Matchday 37 highlights.
12.00 M'T The 38th and final matchday of the 2025/26 season.
12.30 AM **Supercars Championship Highlights** NTI Townsville 500.
2.30 LIVE **MLB Seattle Mariners v Cincinnati Reds.** Coverage of the inter-league match from T-Mobile Park. Start-time **2.40am**.
5.30 **to 6.00** AM **What I Wore**

Sky Sports Action

412 410 510 426 446

6.00 AM **NFL Highlights**
8.00 **World Matchplay Darts** Action from the evening session on day two at Winter Gardens.
12.00 NOON **NFL Highlights** Carolina Panthers v Tampa Bay Buccaneers.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** Carolina Panthers v Seattle Seahawks highlights.
4.00 **NBA Summer League** Action from the final at Thomas & Mack Center in Las Vegas, Nevada.
6.30 **Darts Gold** Archive action.
7.00 LIVE **World Matchplay Darts** Coverage of the third day of the tournament staged at Winter Gardens in Blackpool, featuring four first-round matches.
11.00 **NFL Highlights**
12.00 M'T **The Insiders** NFL news.
1.00 AM LIVE **WNBA Toronto Tempo v Las Vegas Aces.** Coverage of the inter-conference match at Coca-Cola Coliseum. Tip-off **1.00am**.
3.30 LIVE **WNBA Seattle Storm v Minnesota Lynx.** The Western Conference match at Climate Pledge Arena, which is joined in progress.
5.30 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
8.00 **WTA Tennis** Highlights of the final of the Charleston Open.
9.00 **ATP Tennis** Action from the final of the Monte-Carlo Masters.
10.00 LIVE **WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours, including the ATP Austrian Open, ATP Estoril Open, WTA Hamburg Open and WTA Prague Open.
8.00 PM **World Cup Show** A daily guide to the tournament.
10.00 **World Cup Report** A round-up of all the day's World Cup news.
12.00 M'T **EFL Greatest Games** Archive highlights from the 2017/18 season, including Leeds United v Sheffield United, Ipswich Town v Sheffield Wednesday, Queens Park Rangers v Brentford and Sheffield United v Bristol City.
2.00 AM **WTA Tennis** Highlights of the final of the Adelaide Open.
3.00 LIVE **WNBA Seattle Storm v Minnesota Lynx.** Coverage of the Western Conference match at Climate Pledge Arena. Tip-off **3.00am**.
5.30 **to 6.00** AM **EFL Greatest Games**

TNT Sports 3

413 415 523 410 432

6.00 AM **FIA World Endurance Championship Highlights**
7.00 **IFSC Climbing World Series**
8.00 **Fishing: On the Bank**
9.00 **British Superbikes**
10.30 **Formula E Flashback**
11.00 **MLB** The Home Run Derby.
1.00 PM **MLB Highlights**
2.00 **MLB** The All Star Game.
5.00 **Global Champions Tour** Grand Prix of Riesenbeck in Germany.
6.00 **British Superbikes Highlights** The fifth round at Brands Hatch.
7.00 **WRC Review** Rally Estonia.
8.00 **UEFA Champions League – Stories of the Finals**
8.45 **The Gruppetto** Cycling news.
9.00 **Fishing: On the Bank**
10.00 **NWSL** Football highlights.
12.00 M'T **Motocross World Championship** From Foxhills.
3.00 AM **One Day International Cricket** West Indies v New Zealand.
4.00 **to 6.00** AM **UEFA Champions League – Stories of the Finals**

TNT Sports 4

414 416 524 411 434

6.00 AM **PREM Rugby Cup** Highlights of matches from the competition.
12.00 NOON **PREM Rugby Cup** Highlights of Bath v Gloucester.
1.00 PM Action from Exeter Chiefs v Northampton Saints in the first semi-final in the competition.
2.00 Leicester Tigers v Bath Rugby in the second semi-final.
3.00 Highlights of Leicester Tigers v Exeter Chiefs in the final.
4.00 PM **AFL** Another chance to see Geelong Cats v St Kilda Saints.
5.30 Another chance to see Sydney Swans v Adelaide Crows.
7.00 A replay of Port Adelaide Power v Fremantle Dockers.
8.30 **AFL** North Melbourne Kangaroos v Melbourne Demons replay.
10.00 A replay of Collingwood Magpies v Carlton Blues.
11.30 A chance to see West Coast Eagles v Brisbane Lions.
1.00 AM **AFL** Three match replays.
5.30 **to 6.00** AM **Formula E**

Premier Sports 1

419 APP 528

6.00 AM **Ultimate Karting Championship** From Rowrah.
7.00 **Transworld Sport** Magazine.
8.00 **LaLiga** Another chance to see Real Madrid v Atlético Madrid.
10.00 Another chance to see Atlético Madrid v Real Madrid.
12.00 NOON **Argentine Primera** A replay of River Plate v Belgrano.
2.00 PM **Sporting Greats**
3.00 **Scottish Cup Football** Celtic v Dunfermline Athletic in the final.
5.00 **Sporting Greats** Legendary sporting figures' careers.
5.30 **LaLiga** Real Madrid v Barcelona.
7.30 **German Cup** Another chance to see Bayern Munich v VfB Stuttgart in this year's final.
9.30 **Sporting Greats**
10.00 **Coppa Italia** A chance to see Lazio v Inter Milan in the final.
12.00 M'T **Sporting Greats**
1.00 AM **LaLiga** A match replay.
3.00 **Premier Sports Cup**
5.30 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 APP 529

6.00 AM **NASCAR** Window World 450.
10.00 **Bike World** Magazine.
10.30 **Motorsport** Valentino Rossi.
11.00 **Rugby Junior World Championships** Match replays.
3.00 PM **Temples of Sport**
3.30 **Rugby Junior World Championships** A replay of England U20 v Ireland U20.
5.30 **Rugby Junior World Championships** A chance to see New Zealand U20 v Japan U20.
7.30 **Temples of Sport** Iconic sporting venues from around the globe.
8.00 **Rugby Junior World Championships** Another chance to see France U20 v Fiji U20.
10.00 **Rugby Junior World Championships** Another chance to see Wales U20 v Georgia U20.
12.00 M'T **Temples of Sport**
1.00 AM **NASCAR** Another chance to see the Window World 450 race.
5.00 **Bike World** Highlights.
5.30 **to 6.00** AM **Motorsport**

Sky Sports F1

407 407 507 424 444

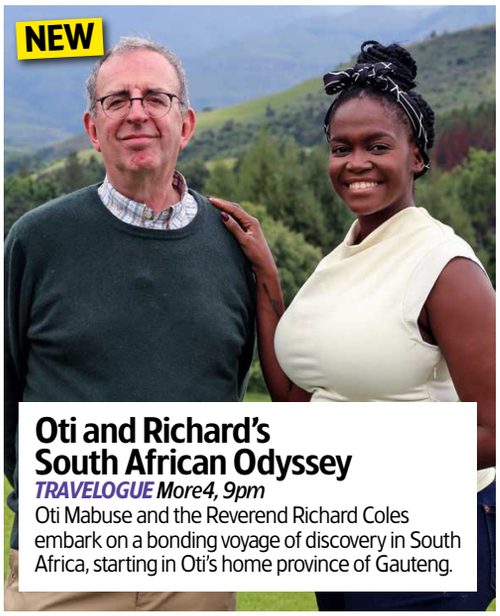
6.00 AM **Formula 1** From Belgium.
10.30 **GB3 Championship Highlights**
11.30 **Formula 1** The Belgian Grand Prix opening practice session.
12.45 PM **Formula 1** The Belgian Grand Prix second practice.
2.00 **The F1 Show**
3.00 **Formula 1** The Belgian Grand Prix third practice session.
4.15 **F1 Feature**
4.30 **Formula 1** The Belgian Grand Prix qualifying session replay.
6.30 **F1 Features**
7.00 **Formula 1** A chance to see the British Grand Prix at Silverstone.
9.15 **F1 Feature**
9.30 **GT World Challenge Europe** Fifth round of the season in Italy.
10.45 **F1 Feature**
11.00 **Formula 1** Belgian Grand Prix.
12.00 M'T **Indy NXT** Music City GP.
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

21 July

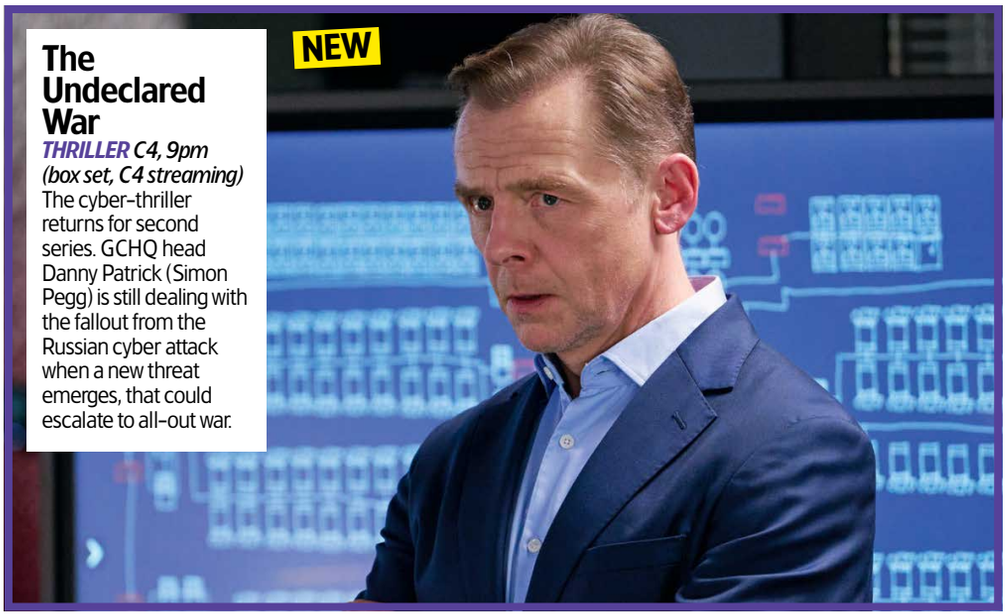
Planner



Oti and Richard's South African Odyssey

TRAVELOGUE More4, 9pm

Oti Mabuse and the Reverend Richard Coles embark on a bonding voyage of discovery in South Africa, starting in Oti's home province of Gauteng.



The Undeclared War

THRILLER C4, 9pm (box set, C4 streaming)

The cyber-thriller returns for second series. GCHQ head Danny Patrick (Simon Pegg) is still dealing with the fallout from the Russian cyber attack when a new threat emerges, that could escalate to all-out war.

The Hundred

CRICKET BBC2, Sky One & Sky Sports, from 2.15pm

The tournament opens with two rebranded teams facing off at the Oval in South London. MI London, formerly Oval Invincibles and men's champions, take on Leeds Sunrisers, who lifted the women's trophy as Northern Superchargers.

Johnny Vegas' Little Shop of Antiques

DOCUMENTARY Quest, 9pm

The comedian continues to pursue his life-long antiques dream in this second series, as he looks to open a shop in a more permanent location with the help of assistant Bev.

Tuesday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives... †	7.30 EastEnders	8.00 The Great British Sewing Bee		9.00 Murder 24/7		10.00 News; Local News	
	102 BBC2	‹ 6.00 Cricket: The Hundred – Live: MI London Men v Sunrisers Leeds Men (Start-time 6.30)					9.30 QI	10.00 Live at the...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Inside the...	8.00 Emmerdale	8.30 Coronation...	9.00 The Dark		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Bake Off: The Professionals		9.00 The Undeclared War		10.00 Gogglebox	
	105 5	7.00 Tour de France		8.00 Inside Longleat		9.00 The Crow Girl		10.00 The Body in the Bag: The Murder of...	
	106 SKY ONE	‹ 6.00 Cricket: The Hundred – Live: MI London Men v Sunrisers Leeds Men (Start-time 6.30)					9.30 Best Medicine		10.30 John Bishop...
ENTERTAINMENT	115 BBC3		7.05 Film: Spider-Man: No Way Home				9.20 Top Gear		
	116 BBC4	7.00 Great British...	7.30 Walking with...	8.00 Keeping Up...	8.30 One Foot in...	9.00 She-Wolves: England's Early Queens		10.00 Castles: Britain's Fortified History	
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Love Island		10.05 Love Island...	10.35 Family Guy
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 Oti and Richard's South African Odyssey		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox		10.00 First Dates	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Irish Blood		10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.50 The Gilded Age				9.00 Faithless			
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Fawlty Towers			10.25 Not Going Out
	111 U&DAVE	7.00 Mortimer & Whitehouse	7.40 Would I Lie to You?			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	7.00 Heartbeat		8.00 Vera				10.00 Grantchester	
	120 ITV4	7.00 King of the Roads		8.00 World Rally Championship Highlights		9.00 Ice Road Truckers		10.00 Wrestling: AEW Collision	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Jimmy Carr's Am I the A**hole?		10.00 Mr Bean	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Resident Alien		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 'Allo 'Allo!			9.40 New Tricks		
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise		9.00 Allegiance		10.00 The Hunting Party	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 The World in a Painting: Vermeer's Hat			9.15 Beyond the Brush		10.15 Irvine Welsh: Reality Is...
	132 U&W	7.00 DIY SOS: The Big Build		8.00 999 Rescue Squad		9.00 Prison Wives of TikTok			
DOCUMENTARY	125 DISCOVERY	‹ 6.00 Alaska: Homestead Rescue		8.00 Shorty's Dream Shop		9.00 Deadliest Catch		10.00 The Last Woodsmen	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Bushcraft...	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Mega Marine Machines		9.00 Construction Fails		10.00 Disaster Autopsy	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Hitler's Engineers		9.00 World War II with Tom Hanks			
	155 U&YESTERDAY	7.00 Planet Earth III		8.00 Bangers & Cash				10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	7.00 David Frost Vs		8.00 The Truth vs Alex Jones					10.10 2000 Meters to Andriivka

‹ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition (S)(AD)
10.15 **The Moment of Proof** (S)(R)(AD)
10.45 **Expert Witness** New edition (S)
11.15 **Homes Under the Hammer** New edition From Bristol. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Policing Paradise** (S)(R)
2.30 **Rick Stein's Australia** (S)(R)(AD)
3.00 **Escape to the Country** New edition A house-hunter wants a cottage in the Peak District. (S)
3.45 **The Bidding Room** (S)(R)
4.30 **The Travelling Auctioneers** New edition From East Lothian. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Murder 24/7

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Escape to the Country** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: The Great British Sewing Bee** (S)(R)(AD)
9.00 **BBC News** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Game show. (S)(R)
2.15 **Beechgrove Repotted** The team try to combine sustainability with staying on trend. (S)(R)
2.30 LIVE **Cricket: The Hundred** MI London Women v Sunrisers Leeds Women: Coverage from the Oval in London, as the season gets under way. The Sunrisers, formerly the Northern Superchargers won last year's competition thanks to a seven-wicket victory against Southern Brave at Lord's. Start-time is at 2.45. (S)

11.00 The History Boys

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
1.30 PM **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his team head to Blackburn, where dealer Matt Taylor tries to score with a home team football jersey, and Alys Dobbie tries to walk away with a pair of luxury vintage boots. (S)(R)
3.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Monz tries to open the 22 red boxes in the right order. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Inside the Langham

CHANNEL 4

104/108 | 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 5-7/28. (S11) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 3-6/24. (S2) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A holiday home in Fuerteventura. (S)(R)
4.00 **Narrow Escapes** Kim and his friend Roo cruise down the Shropshire Union Canal. (S)(R)(AD)
5.00 **Chateau DIY** Jon and Carmen renovate their Roman-inspired swimming pool. (S)(R)(AD)
6.00 **Four in a Bed** The rivals head to The Horn of Plenty in Devon. (S)(R)
6.30 **Come Dine with Me** On night two, finance worker Andrea throws a Belfast-themed party. (S)(R)

8.00 Bake Off: The Professionals

7 PM

7.00 NEW Our Lives: Principal Ballerina A portrait of Northern Irish dancer Melissa Hamilton. (S)(AD)
7.30 EastEnders Jack struggles to cope with his emotions, and Lauren prepares to make a decision. (S)(AD)

6.00 LIVE Cricket: The Hundred MI London Men v Sunrisers Leeds Men: Coverage of the match from the Oval in London. The hosts, who were known as Oval Invincibles last season, won the final last year thanks to an impressive 26-run victory over Trent Rockets. They made 168-5 in their 100 balls, with Will Jacks top-scoring with 72 from just 41 balls, before they restricted the Rockets to 142-8 in their reply. Start-time is at 6.30. (S)

7.30 NEW SERIES Inside the Langham: Britain's First Grand Hotel 1/6. Following life at the central London hotel, with chef Oliver managing a culinary crisis as Michel Roux hosts the biggest dinner of the year. (S)(AD)

7.00 News (S)

8 PM

8.00 The Great British Sewing Bee New edition 2/10. Sophie Willan hosts as judges Patrick Grant and Esme Young put the sewers through their paces with three challenges themed around prints and colours. (S)(AD)

8.00 Emmerdale Vanessa and Mack dig for cases against Dr Todd, while Aaron offers Serena a job. (S)(AD)
8.30 Coronation Street Lisa advises Kit not to put his career at risk for Sarah, and Gary reassures Maria. (S)(AD)

8.00 Bake Off: The Professionals New edition 9/10. The semi-finalists serve up the meringue dessert île flottante and summer holiday showpieces complete with perfectly matched choux buns. (S)(AD)
■ Concludes tomorrow

9 PM

9.00 NEW SERIES Murder 24/7 1/8. Following real-life homicide investigations, beginning with a woman killed by a stab wound – and the question of whether her husband was responsible or whether it was suicide. (S)(AD)
■ Continues tomorrow

9.30 QI *Thrills & Spills:* Sandi Toksvig offers quite interesting facts about thrills and spills, with guests Nish Kumar, Mark Steel, Suzi Ruffell joining regular panellist Alan Davies. (S)(R)

9.00 The Dark New episode 4/6. After the attempted murder of another man, Monica wonders why the killer failed this time and attempts to lure him to a remote location. (S1) (S)(AD)
■ Entire series on ITVX

9.00 NEW SERIES The Undeclared War 1/6. Return of the thriller. Director of operations Danny Patrick deals with the fallout from the Russian cyber-attack. *See feature, page 6.* (S2) (S)(AD)
■ Continues tomorrow

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 FILM Harriet Biopic telling the story of Harriet Tubman, chronicling her escape from slavery in 19th-century Maryland and her transformation into a leading abolitionist who freed hundreds of slaves in the years before the American Civil War. Stars Cynthia Erivo, Janelle Monáe, Zackary Momoh and Joe Alwyn. (S) (2019, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.35 AM Weather for the Week Ahead Seven-day forecast. (S)
12.40 to 6.00 AM BBC News (S)

10.00 Live at the Apollo Jen Brister introduces stand-up routines by Esther Manito and Adam Rowe at London's Hammersmith Apollo. (S)(R)
10.30 Newsnight (S)

11.00 FILM The History Boys Comedy drama adapted from Alan Bennett's hit stage play, starring Richard Griffiths, Frances de la Tour, Stephen Campbell Moore, Samuel Barnett and Dominic Cooper. (S)(AD) (2006, 15, 110min) ★★★★
12.50 AM Sign Zone: Natalie Cassidy: Caring Together (S)(R)(AD)
1.20 Sign Zone: My Epic Camel Adventure with Gordon Buchanan (S)(R)(AD)
2.20 to 6.30 AM Previews (S)

10.00 ITV News (S)
10.30 Local News (S)
10.45 The Chase Around the World 1/6. Bradley Walsh hosts as contestants travel across the globe in a race to find all six Chasers in secret locations, starting with Rome. (S)(R)(AD)
11.45 Sorry, I Didn't Know Jimmy Akingbola hosts, with guests Axel Blake, Josh Jones, Fatiha El-Ghorri and Slim. (S)(R)
12.10 AM Teleshopping
3.00 Nobody's Fool 2/6. The fallout from the first elimination hangs over the house as players confront the cost of getting it wrong. (S)(SL)(R)
3.50 Unwind with ITV (S)
5.05 to 6.00 AM Dickinson's Real Deal (S)(SL)(R)(AD)

10.00 Gogglebox The armchair critics share their opinions on *The Celebrity Traitors*, *Strictly Come Dancing*, *Hollyoaks*, *Dragons' Den* and *Beat the Chasers*. (S)(R)(AD)

11.05 Celebrity Gogglebox (S)(SL)(R)
12.05 AM Naked Attraction (S)(R)(AD)
1.05 Ramsay's Kitchen Nightmares USA From Massachusetts. (S)(R)
1.55 The Piano (S)(SL)(R)(AD)
2.50 FILM Sheroes Adventure comedy starring Sasha Luss and Wallis Day. (S)(SL) (2023, 18, 95min) ★
4.25 Kirstie and Phil's Love It or List It: Brilliant Builds (S)(R)
4.50 Couples Come Dine with Me (R)
5.45 to 6.25 AM Countdown (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 **FILM The Disappearance of Cari Farver** Thriller starring Alicia Witt and Zach Gilford. (S)(AD) (2022, 12, 100min) ★★
4.00 **Castle** *Montreal:* 2/23. The writer uncovers a lead to his disappearance. (S7) (S)(R)
4.55 **Love Nature** Examining the rise of Prickles & Paws Hedgehog rescue centre. (S)(R)
5.00 **News** (S)
6.00 **Jersey and Guernsey** On Guernsey's Cobo beach, caterer Mim Sarre hopes to fire up the pizza van ovens. (S)(R)
6.55 **News** (S)

8.00 **Inside Longleat**

7.00 **Tour de France** Rebecca Charlton presents action from the 16th stage, a 26.1km individual time trial from Evian-les-Bains to Thonon-les-Bains. (S)
7.55 **News** (S)

8.00 **NEW SERIES**
Inside Longleat
A look behind the scenes of the stately home. The carnival has arrived at Longleat for summer and the team are working to open it in time for the weekend. (S)

9.00 **The Crow Girl**
New episode *The Egg She Wishes to Crack:* 2/6. After a second body is discovered, Jeanette begins to focus on the significance of the bodies' locations. (S1) (S)(AD)
■ Continues tomorrow

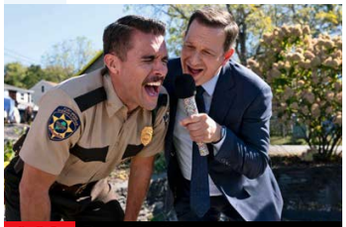
10.00 **The Body in the Bag: The Murder of Melanie Hall**
The disappearance and murder of Melanie Hall, last seen at a nightclub in June 1996, whose remains were discovered on a slip road off the M5 13 years later. (S)(R)
11.30 **A Killer Makes a Call** The story of the 2011 murder of carpenter David Twigg. (S)(R)
12.55 AM **Entertainment News** (S)
1.00 **Teleshopping** (S)(R)
2.00 **Casualty 24/7: Every Second Counts** (S)(R)(AD)
3.45 **Friends** (S4&7) (S)(R)(AD)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S9) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Airborne** (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S6) (S)(R)
2.00 **Cricket: The Hundred Bitesize** Oval Invincibles v Trent Rockets in the 2025 men's final. (S)(R)
2.15 **LIVE Cricket: The Hundred** MI London Women v Sunrisers Leeds Women: Coverage of the match from the Oval in London, as the two teams get the season underway. The Sunrisers won last year's competition thanks to a seven-wicket victory against Southern Brave at Lord's. Start-time is at 2.45.



9.30 **Best Medicine**

6.00 **LIVE Cricket: The Hundred** MI London Men v Sunrisers Leeds Men: Coverage of the match from the Oval in London. The hosts, who were known as Oval Invincibles last season, won the final last year thanks to a 26-run victory over Trent Rockets. They made 168-5 in their 100 balls, with Will Jacks top-scoring with 72 from just 41 balls, before they restricted the Rockets to 142-8 in their reply. Start-time is at 6.30.

9.30 **Best Medicine**
New episode *The Bogfather:* 8/13. Port Wenn is on high alert when a corpse is found in the town's bog, and Martin's post-mortem points towards murder. (S1) (S)

10.30 **John Bishop 25 Tour: Live from Dublin**
A stand-up performance recorded at the 3Arena in the Irish capital in which the comedian marks 25 years since he first stepped onto the stage with a show celebrating his career. (S)(R)
12.15 AM **Grimm** 17/22. When the severed head of a young man is found under a bridge, Nick and Hank find themselves on the case of Japanese Wesen acting on an ancient tradition of revenge. (S5) (S)(R)
1.10 **The Force: North East** Drunks turn violent after being thrown out of a club. (S)(R)
2.05 **Hawaii Five-0** (S6) (S)(R)
4.00 **Road Wars** (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R) **10.40** Our Lives: Principal Ballerina New edition (S)(AD) **11.10 FILM** Harriet (S) (2019, 12, 120min) ★★★ **1.10am** Weather for the Week Ahead (S) **1.15-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Declaration (S)(R) **11.40 FILM** Harriet: As Scotland. **1.40-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm Our Lives: The Wig Queen of Prestatyn New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
9.30pm Paula McIntyre's Hamely Kitchen USA (S)(R) **10.00-10.30pm** The Band (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Y Sioe New edition **12.00noon** Newyddion **12.05pm** Y Sioe New edition **2.00** Newyddion **2.05** Y Sioe New edition **5.00** Mwy o Stwnsh Sadwrn New edition **5.25** Larfa **5.30** Y Doniolis **5.35** Dyffryn Mwmin **6.00** Y Ci Perffaith **6.30** Taclo'r Ty (AD) **6.59** Newyddion **7.00** Heno o'r Sioe New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Seiclo: Tour de France **8.55** Newyddion a'r Tywydd **9.00** Y Sioe New edition **10.00 NEW** Carufanio **10.30** Y Fets (AD) **11.30pm-12.35am** Y Sioe

TV&Streaming week
New issue on sale today

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **FILM Spider-Man: No Way Home** Comic-book adventure sequel starring Tom Holland and Benedict Cumberbatch. Peter Parker asks Doctor Strange for help to change the past, but faces foes from parallel universes. With Zendaya. (2021, 12, 148min) ★★★★
9.20 **Top Gear** Jeremy, Richard and James create a street circuit in Spain.
10.20 **Top Gear** With Formula One driver Lewis Hamilton and singer James Blunt.
11.20 **FILM Rush** Sports drama starring Chris Hemsworth and Daniel Brühl as 1970s Formula 1 drivers James Hunt and Niki Lauda, whose intense rivalry came to a head during the dramatic and dangerous 1976 season. With Olivia Wilde and Alexandra Maria Lara. (2013, 15, 120min) ★★★★
1.15 AM **Man Like Mobeen**
3.15 **BBC New Comedy Awards**
3.45 **to 4.00** AM **A Better Place**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from north Kent.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **George Clarke's Old House, New Home** George tackles two very different properties – a townhouse in Yorkshire and a farmhouse in the Peak District, both from the Georgian architectural period.
6.55 **Location, Location, Location** The hosts catch up with house-hunters who wanted to leave London.
7.55 **Grand Designs** A couple plan to build a home at the bottom of their garden, but can't agree on its design.
9.00 **NEW SERIES Oti and Richard's South African Odyssey** 1/4. Oti Mabuse takes Richard Coles on a tour of her home country. They begin in Oti's home province of Gauteng and have a go at pantsula dancing.
See feature, page 11
10.00 **24 Hours in A&E** A 56-year-old man is put on life support.
11.05 **24 Hours in A&E**
12.10 AM **Oti and Richard's South African Odyssey**
1.15 **24 Hours in A&E**
3.20 **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo's travels take him to Glasgow's Hampden Park Stadium.
7.30 **Walking with Kate Garraway** The broadcaster walks through the Cotswolds.
8.00 **Keeping Up Appearances** Hyacinth decides to find a new hobby for Richard.
8.30 **One Foot in the Grave** Victor and Margaret set off for a break by the seaside.
9.00 **She-Wolves: England's Early Queens** 1/3. Helen Castor explores the role of queens in medieval and Tudor England.
10.00 **Castles: Britain's Fortified History** 1/3. The role of castles in Britain's history, art and literature.
11.00 **Corridors of Power: Should America Police the World?** Documentary.
1.00 AM **She-Wolves: England's Early Queens**
2.00 **Walking with Kate Garraway** As 7.30pm.
2.30 **to 3.00** AM **Great British Railway Journeys**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From Glasgow.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** Comical clips.
11.00 **Below Deck**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
6.30 **Hollyoaks**
7.00 **Hollyoaks** An investigation takes a shocking turn.
7.30 **The Simpsons** *'Cue Detective:* Homer is challenged to a barbecue cook-off by a TV chef.
8.00 **Below Deck** New edition Fraser takes drastic measures to deal with Solène, who takes her own frustrations to the very top.
9.00 **Gogglebox** Opinions on *Killing Eve, Our House* and *Naked Attraction.*
10.00 **First Dates** A 71-year-old beekeeper is looking for a man with a naughty side.
11.05 **Naked Attraction**
12.10 AM **Gogglebox**
1.15 **Below Deck**
2.10 **The Simpsons**
2.40 **Abbott Elementary**
3.05 **The Goldbergs**
3.55 **Brooklyn Nine-Nine**
5.10 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 | 306 | 30 | 123 | 256

Tuesday primetime primetime

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Brit Cops: Frontline Crime UK**
10.00 **Border Security USA**
11.00 **Bull** 7/22. (S6)
12.00 NOON **FBI** (S8&1)
2.00 PM **The Rookie** 16/22. A reality show producer is killed. (S4)
3.00 **Law & Order: Criminal Intent** 9/16. Goren and Eames hunt a killer whose fanatical beliefs may be the key to catching him. (S8)
4.00 **Nothing to Declare**

9.00 Irish Blood

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Deadwood** 5&6/12. (S3)
10.00 **Homicide: Life on the Street**
12.00 NOON **Billions** 9&10/12. (S2)
2.15 PM **The White Lotus** (S2)
4.40 **Gomorrah** 3/10. Genny and the Levantes try to secure control of Secondigliano. **5.45** 4/10. The Levante and 'O Galantommo team up against Genny. Subtitled. (S5)
6.50 **The Gilded Age** 2/8. George informs Oscar of his decision and sends Clay to meet with Mr Henderson at his mill. (S2)

10.00 Faithless

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.25 **Georgia and Tommy: Happy Essex After**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Salt...**
11.20 **Real Housewives of Orange...**
12.15 PM **Dinner Date**
1.15 **Supermarket Sweep**
2.15 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** New edition
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

8.00 The 1% Club

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *Till Death Do Us Part:* Tragedy strikes at a wedding.
3.30 **Classic Emmerdale**
4.30 **Classic Coronation Street**
6.00 **Heartbeat** *Truth Games:* Jackie represents a businessman accused of rape, but she is not sure whether to believe he is innocent or not.

10.00 Grantchester

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Dempsey and Makepeace**
9.10 **Boon**
10.15 **The Champions**
11.20 **BattleBots**
12.25 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.45 **Boon**
4.50 **The Champions** *Project Zero:* Scientists are forced to create a nuclear gun.
5.55 **Minder** *Whose Wife Is it Anyway?* Arthur persuades Terry to mind a shop while the owner is laid up in hospital.

5.55 Minder

7 PM

7.00 Nothing to Declare Staff suspect a passenger of importing narcotics. **7.30** A drug mule tries to avoid being caught.

7.55 The Gilded Age *Head to Head:* 3/8. The opera war escalates, there is a guest at Bertha's fundraiser, Peggy offers to cover the Tuskegee story and Ada hosts a luncheon. (S2)

7.00 The Floor USA New edition Contestants test their knowledge of anatomy, baby products, water brands and more.

7.00 Heartbeat *Consequences:* The constabulary are on guard as the village is plagued by a series of mysterious explosions.

7.00 King of the Roads The King of the Roads heads to Scandinavia for the Imatranajo Road Races in Finland.

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

8.00 Vera *Changing Tides:* The detective investigates a suspicious fire that rips through a holiday park on the Northumberland coast, destroying three cabins and claiming the life of the resort owner's sister.

8.00 World Rally Championship Highlights The Rally Estonia, the ninth round of the season based around Tartu.

9 PM

9.00 Irish Blood *Father Al:* 4/6. Fiona and her mother Mary are forced to face old wounds and unexpected truths. (S1)

9.00 Faithless New episode *Markus and Marianne:* 5/6. Working together rekindles David and Marianne's affair.

9.00 Love Island New edition Relationship-based reality show in which singletons seeking a romance compete to find love.

9.00 Ice Road Truckers Rick is forced to reverse down a treacherously icy road after missing a turning.

10 PM

10.00 Blue Bloods *Heroes:* 7/21. Frank plans to punish a cop for his inaction during an armed robbery. (S13)
11.00 **The Rookie** 13/22. (S4)
12.00 M'T **FBI** 20/22. (S8)
1.00 AM **Law & Order: Criminal Intent** 10/16. (S8)
2.00 **Fire Country** New episode
3.00 **Road Wars**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Air Ambulance ER**

10.00 Faithless Series finale *Isabelle:* 6/6. Marianne and Markus battle over custody. Subtitled. (S1)
■ Entire series on Box Sets
11.00 **Prisoner** 4/6. Amber reunites with her family, while Olly contacts the National Crime Unit. (S1)
12.00 M'T **The White Lotus** (S2)
3.30 AM **Billions** 2/12. (S2)
4.35 **Sort Of** (S2)
5.05 **to 6.00** AM **Urban Secrets**

10.05 Love Island: The Debrief New edition Daily *Love Island* reactions.
10.35 Family Guy 5/18. Peter injures his hand. (S5)
11.05 **Family Guy** 30/30. Part three of three. Stewie sees himself in the future. (S4)
11.35 **American Dad!** 8&4/18. (S5)
12.35 AM **Bob's Burgers** (S14)
1.30 **G'wed** 7/7. (S3)
2.05 **Plebs** 5/8. (S2)
2.30 **to 3.00** AM **Unwind with ITV**

10.00 Grantchester 3/6. A woman is found dead after suspecting her future son-in-law was out to kill her. (S1)
11.00 **Grantchester** 4/6. When Sidney rescues a woman from a burning house, there are a few questions, before her husband is found dead. (S1)
11.50 **Trial & Retribution** 2/2. (S6)
2.00 **to 2.30** AM **George and Mildred**

10.00 Wrestling: AEW Collision Hard-hitting action, featuring stars including Thunder Rosa, Jon Moxley and Jay White.
12.00 M'T **Dark Side of the Ring** The tragedy that plagued the Von Erich wrestling dynasty.
1.00 AM **Minder** As 5.55pm.
2.00 **BattleBots**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 207 310 | +1 hour 208/209 | +1 hour 218 315 29 114 254 | +1 hour 219 317 116 | +1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **My Kind of Town** Ian Hamilton explores Girvan in South Ayrshire.
8.00 **This Farming Life** On Papay, Paul and Mel juggle farm work with wedding preparations.
9.00 **The Man in the Mask: An Orkney Murder** 1/3. The 1994 shooting of Shamsuddin Mahmood at a restaurant in Kirkwall in the Orkney Islands. **9.45** 2/3. Journalist Hazel Martin investigates the backgrounds of Shamsuddin Mahmood and Michael Ross. **10.30** 3/3. Twelve years after the murder of Shamsuddin Mahmood, a new eyewitness comes forward with evidence.
11.15 PM **to 12.00** M'T **Ray Bradshaw's Bald Ginger** Stand-up show.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Breeders** 3&4/10. (S4)
10.00 **Upright** 3&4/8. (S2)
11.15 **Will & Grace** (S6)
12.15 PM **The Rehearsal** (S1)
1.35 **Upright** 3&4/8. (S2)
2.45 **Will & Grace** (S5)
3.45 **Hacks** 5&6/9. (S3)
5.00 **Community** (S6)
6.00 **Will & Grace** (S6)
7.00 **The Office (US)** 20/25. The staff take part in a safety training day. **7.30** 21/25. Michael calls a press conference. (S3)
8.00 **Breeders** 3/10. Ava meets a charismatic girl. **8.30** 4/10. A calendar mix-up ruins Paul and Ally's fun night out. (S4)
9.00 FILM **Eddie the Eagle** Sports biopic. (2016, PG, 103min) ★★★
11.00 **Hacks** 5&6/9. (S3)
12.15 AM **Breeders** (S4)
1.10 **Community** (S6)
2.15 **The Rehearsal** (S1)
3.30 **Upright** 1&2/8. (S2)
4.35 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **John Williams: The Berlin Concert**
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Classic Movies**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **Discovering**
4.00 **From the Vaults**
5.00 **Portrait Artist 2021**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **The World in a Painting: Vermeer's Hat**
9.15 **Beyond the Brush**
10.15 **Irvine Welsh: Reality Is Not Enough**
11.55 **I Was a Teenage Sex Pistol** Documentary.
1.40 AM **The Public Image Is Rotten**
3.45 **Opera North's Resonance**
4.00 **The Art of the Garden**
5.00 **to 6.00** AM **Classic Movies**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: Canada's Front Line**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 13/26. (S5)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** *Clues:* 14/26. The *Enterprise* crew lose consciousness for an entire day. (S4)
8.00 **Police 24/7**
9.00 **FBI: International** (S2)
11.00 **Star Trek: Enterprise**
12.00 M'T **Fantasy Island**
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Five siblings stake part in the quiz.
3.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson gives six new contestants the chance to win a fortune.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **The 1% Club Rollover** The second of five special editions of the quiz hosted by Lee Mack.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **The Dog House**
8.00 **Location, Location, Location** The hosts help house-hunters in Cambridgeshire.
9.00 **24 Hours in A&E** A 19-year-old is rushed in after a motorcycle crash.
10.00 **Secret Lives of Gypsy Wives** Following a Traveller family living on a council estate.
11.05 **24 Hours in Police Custody: The Home County Cartel** The true identity of Jaguar Palace.
12.35 AM **Murder Case: The Digital Detectives**
1.35 **Emergency Helicopter Medics** Documentary.
2.35 **Celebrity Gogglebox**
4.25 **to 5.00** AM **Travel Man: 48 Hours in Lanzarote**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **Warehouse 13** (S1&2)
4.00 **Stargate SG-1** 12/22. (S7)
5.00 **Star Trek: Voyager** 6/26. Tuvok is hit by a powerful energy source that causes severe brain damage. (S6)
6.00 **Star Trek: Enterprise** 3/24. Archer, Reed and Hoshi become the victims of a mysterious virus. (S3)

10.50 **The Walking Dead**

7.00 **Stargate Atlantis** *The Game:* 15/20. Sheppard and McKay discover a simulation they have played is actually real. (S3)

8.00 **Stargate SG-1** *Evolution – Part Two:* 12/22. Daniel is taken hostage while looking for an alien device in South America. (S7)

9.00 **Resident Alien** *Homesick:* 2/10. In his first week at his new clinic, Harry struggles to get to grips with emotions. (S1)

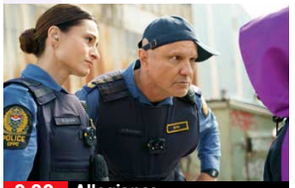
10.00 **Grimm** *Map of the Seven Knights:* 10/22. An opportunity affords Nick the chance to get closer to his ancestors. (S5)

10.50 **The Walking Dead** 16/16. Eugene is captured by Dwight, while Negan, the leader of the Saviours, teaches Rick a brutal lesson. Guest stars Jeffrey Dean Morgan. (S6)
12.05 AM **Resident Alien** (S1)
1.05 **Warehouse 13** (S1&2)
2.45 **The Walking Dead** (S6)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S6)
9.00 **Shakespeare & Hathaway: Private Investigators** (S1)
10.00 **The Mentalist** 3/22. (S5)
11.00 **Hudson & Rex** 20/20. (S5)
12.00 NOON **Unforgettable** (S4)
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S6)
4.00 **The Mentalist** 3/22. (S5)
5.00 **Hudson & Rex** 20/20. (S5)
6.00 **Shakespeare & Hathaway: Private Investigators** 7/10. A workplace compensation claim is not as straightforward as it first appears. (S1)



9.00 **Allegiance**

7.00 **Private Eyes** *Karaoke Confidential:* 7/10. A simple surveillance at a karaoke bar escalates to full danger. (S1)

8.00 **Death in Paradise** *I'll Never Let You Go:* 8/9. A man confesses to murder – but can't recall what happened. (S10)

9.00 **Allegiance** New episode *We Were Winning:* 8/10. The owner of a junior hockey team is shot. (S2)
■ Entire series on Box Sets

10.00 **The Hunting Party** *Denise Glenn:* 8/10. An escaped serial killer adopts another inmate's style of killing. (S1)
11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Father Brown** *The Rod of Asclepius:* Lady Felicia's bad driving lands her in the next hospital bed to Mrs McCarthy.
1.00 AM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** 3/13. (S6)
3.00 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
9.00 **The Green Green Grass**
9.40 **Are You Being Served?**
10.20 **Last of the Summer Wine**
11.40 **Ever Decreasing Circles**
12.20 PM **Only Fools and Horses**
1.00 **Keeping Up Appearances**
1.40 **Dad's Army**
2.20 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Ever Decreasing Circles**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

9.00 **Fawlty Towers**

7.00 **Only Fools and Horses** Del and Rodney celebrate a used-car deal with a night out in the West End.
7.40 **Dad's Army** Jones decides to make an honest woman of Mrs Fox.
8.20 **Are You Being Served?** The staff enter a ballroom dancing competition.

9.00 **Fawlty Towers** An abrasive woman comes to stay at the hotel. **9.45** First-ever episode. Hotel owner Basil Fawlty attempts to attract a better class of clientele.
10.25 **Not Going Out** Lee imagines having the perfect life with Lucy.

11.05 **Mrs Brown's Boys** Agnes looks forward to Rory's big day – until she meets the wedding planner.
11.45 **Colin's Sandwich**
12.25 AM **Fawlty Towers**
1.50 **Mrs Brown's Boys**
2.20 **Not Going Out**
2.50 **to 4.00** AM **Colin's Sandwich**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear**
8.15 **Border Force: America's Gatekeepers** Double bill.
10.15 **Rick Stein's Far Eastern Odyssey** Double bill.
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Robson Green: World's Most Amazing Walks** From Austria.
4.00 **The Hairy Bikers: Mums Know Best** Special occasions.
5.00 **Rick Stein's Far Eastern Odyssey** A visit to Vietnam.
6.00 Rick heads to Thailand.

5.00 **Far Eastern Odyssey**

7.00 **Mortimer & Whitehouse: Gone Fishing** From Burgh Island in Devon.
7.40 **Would I Lie to You?** With guests Ruth Jones, Jason Manford, Jack Dee and Peter Serafinowicz. **8.20** With Keeley Hawes, Stephen Mangan, Kevin Bridges and Brian Cox.

9.00 **Have I Got a Bit More News for You** Jo Brand hosts the satirical quiz show, with guests Heidi Allen and Phil Wang.

10.00 **QI XL** Sandi Toksvig hosts the quiz show, with panellists Rosie Jones, Bridget Christie, Cariad Lloyd and Alan Davies.

11.00 **Taskmaster** With Roisin Conaty, Tim Key, Romesh Ranganathan, Frank Skinner and Josh Widdicombe.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Isy Suttie.
3.00 **to 4.00** AM **Taskmaster**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.25 **Classic Holby City**
10.45 **Casualty**
11.45 **The Bill**
12.45 PM **Classic EastEnders**
2.00 **Neighbours**
3.00 **Pie in the Sky**
4.05 **Lovejoy**
5.20 **Waiting for God**
6.00 **Last of the Summer Wine** Cooper and Walsh try out a new crime-fighting technique. **6.40** An ex-jewel thief regales the village with fanciful tales.

11.00 **Silent Witness**

7.20 **Last of the Summer Wine** Alvin and Entwistle try to help Lance prove to his wife that Elvis Presley is still alive.

8.00 **'Allo 'Allo!** Helga reports the whereabouts of the paintings to the Colonel. **8.35** Rene discovers the invasion plans.

9.05 **'Allo 'Allo!** Michelle reveals her love for Rene.
9.40 **New Tricks** *ID Parade:* Sandra and the team re-open the 17-year-old case of a murdered female police officer when it is revealed that a gun found in a diving operation was used to kill her.

11.00 **Silent Witness** *Flight:* The murder of a prominent anti-fundamentalist Muslim drags the Lyell team into the world of counter-terrorism.
1.20 AM **Lovejoy**
2.25 **Waiting for God**
2.55 **to 4.00** AM **Darby and Joan**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 10-12/22. (S20)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Lifeline:* 3/10. Kasie receives an urgent mystery message. **7.00** *Left Unsaid:* 4/10. A petty officer vanishes during his proposal. **8.00** *The Plan:* 5/10. The team unravel the mystery of a recently used service weapon. (S21)
9.00 **Law & Order: Special Victims Unit** *Excavation:* 2/22. Repressed memories come back to a woman when she finds an old notebook. (S26) **10.00** *Manhattan Vigil:* 5/24. A boy's kidnapping revives memories of an unsolved case. (S14)
11.00 **Law & Order: Special Victims Unit** (S14&13)
2.00 **to 3.50** AM **Beauty and the Beast**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** A 58-year-old woman is rushed to A&E after having a life-threatening allergic reaction to nuts.
9.00 **999: Killer on the Line**
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **Scam City**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Skin A&E**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Outback Truckers**
10.00 **Trucking Hell**
11.00 **Police Interceptors**
12.00 NOON **Gunsmoke** (S12)
1.05 PM **FILM Johnny Reno** Western. (1965, PG) ★
2.55 **FILM Bandits of the West** Western. (1953, b/w, PG, 54min) ★★
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** An urgent call leads to a multi-vehicle pursuit to rescue a child.
9.00 **Police Interceptors**
10.00 **Police Code Zero: Officer Under Attack**
11.00 **The X-Files** 1/20. (S5)
12.00 M'T **World Cup: Uncensored with Piers Morgan** With John Terry.
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: Homes for Veterans** In Manchester.
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Brother Vs. Brother**
5.55 **DIY SOS: Homes for Veterans** In Manchester.
7.00 **DIY SOS: The Big Build**
8.00 **999 Rescue Squad** Featuring a stand-off involving a man wielding a samurai sword
9.00 **NEW SERIES Prison Wives of TikTok** Following women in relationships with inmates in the USA and UK. **10.00** New edition Ashton tries to win over her fiancé's family.
11.00 **Untold: The Disappearance of Shannon Matthews**
1.00 **to 3.00** AM **Hashtag Murder**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering**
8.00 **Bangers & Cash**
10.00 **Secret Nazi Bases**
11.00 **D-Day to Berlin**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Secret Nazi Bases**
5.00 **D-Day to Berlin**
6.00 **Antiques Roadshow**
7.00 **Planet Earth III** Wildlife that lives in the world's most extreme conditions.
8.00 **Bangers & Cash** Jack's baby Max makes his podium debut with great grandad Derek. **9.00** Derek acquires a collection of pre and post-war classics.
10.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Great British Railway Journeys**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** East Sussex.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters: The Restorers**
12.00 NOON **Celebrity Yorkshire Auction House** Double bill.
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** Angus helps a woman to part with her late husband's cherished medals.
8.00 **Antiques Road Trip** Anita Manning and David Harper head to Paisley.
9.00 **Who Do You Think You Are?** Double bill.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters: The Restorers**

+1 hour 242 365

TUESDAY Entertainment

Tuesday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S4)
9.00 **Doctor Finlay** 2/7. (S3)
10.00 **Hamish Macbeth** (S2)
11.00 **Little House on the...**
1.00 PM **The Waltons** (S4)
4.00 **Little House on the Prairie** 13&14/25. (S1)
6.00 **Hamish Macbeth** (S2)
7.00 **M*A*S*H** 11/25. The team tackle an emergency. **7.30** 12/25. Klinger writes a letter home. **8.00** 13/25. The medics become saloon-keepers. **8.30** 14/25. Hot Lips' boyfriend turns up. (S8)
9.00 **Brush Strokes** 10/13. Lionel loses his most precious possession. **9.40** 11/13. Jacko flies high with Gaynor. **10.20** 12/13. Jacko recalls his past. (S1)
11.00 **Robin's Nest** (S1)
12.00 M'T **M*A*S*H** (S8)
2.00 AM **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM **The High Chaparral**
10.00 **Wanted: Dead or Alive**
10.30 **FILM Death Rides a Horse** Spaghetti Western. (1969, 15, 111min) ★
1.00 PM **The Unit** 2/13. (S1)
2.00 **Burn Notice** (S1)
4.00 **FILM Mercenary for Justice** Action thriller starring Steven Seagal. (2006, 18, 91min) ★★
6.00 **The Unit** 2/13. (S1)
7.00 **Burn Notice** (S1)
9.00 **FILM Courage Under Fire** Military drama with Denzel Washington. (1996, 15, 116min) ★★★
11.30 **FILM Son of a Gun** Action drama starring Brenton Thwaites. (2013, 15, 108min) ★★★
1.50 AM **Dragon Ball Super**
2.20 **Coast Guard Alaska**
3.15 **FILM Disaster Zone: Volcano in New York** Disaster movie. (2006, 12, 90min) ★★
4.45 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **FILM Picture Perfect Mysteries: Newlywed and Dead** Drama. (2019, PG, 90min) ★★
10.05 **FILM Martha's Vineyard Mysteries: Riddled with Deceit** Drama. (2020, PG, 85min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S3)
2.00 **Castle** 5/23. (S4)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 6/23. (S4)
8.00 **Unforgettable** (S3)
9.00 **In Plain Sight** (S3)
10.00 **FILM Murder, She Baked: A Plum Pudding Mystery** Crime drama. (2015, PG, 85min) ★★
11.55 **FILM Lost Letter Mysteries: Freedom to Give** (2014, PG) ★★
1.50 AM **FILM Second Chances** Mystery thrilller. (2010, 12, 90min) ★★
3.20 **to 5.00** AM **FILM Deadliest Switch**

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM **FILM Aloha With Love** Romantic comedy. (2022, PG, 90min) ★★
10.10 **FILM Secrets of Bella Vista** (2022, U) ★★
12.05 PM **FILM Summer of Dreams** Comedy. (2016, PG, 90min) ★★
2.00 **FILM South Beach Love** Romantic comedy. (2021, PG, 83min) ★★
3.55 **FILM Love Finds You in Valentine** Drama. (2016, PG, 87min) ★★
5.55 **FILM Splash of Love** Romantic comedy. (2022, U, 85min) ★★
7.50 **FILM The Happiness Playbook** Comedy. (2023, U, 89min) ★★
9.50 **FILM Love Hacks** Drama. (2022, PG, 90min) ★★
11.45 **FILM My One and Only** Romantic drama. (2019, PG, 85min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM South Beach Love** As 2.00pm.

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** A wildlife retreat.
1.00 PM **Celebrity Coach Trip**
2.00 **The Antiques Yard**
3.00 **Garden Rescue**
4.00 **Robson Green's Weekend Escapes**
4.45 **This Farming Life**
6.00 **Celebrity Coach Trip**
7.00 **Love Your Garden**
8.00 **Garden Rescue**
9.00 **The Antiques Yard** Daniel acquires a ceramic green fireplace.
10.00 **FILM Permissive** Drama starring Maggie Stride and Gay Singleton. (1970, 18, 88min) ★★
12.00 M'T **FILM Adventures of a Plumber's Mate** Comedy with Christopher Neil and Elaine Paige. (1978, 18, 88min) ★
2.00 AM **The Antiques Yard**
3.00 **This Farming Life**
4.15 **to 5.00** AM **Robson Green's Weekend Escapes**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge**
10.30 **Bottle Boys** (S1)
11.00 **The Fenn Street Gang**
11.30 **Hallelujah** 4/7. (S1)
12.00 NOON **Man in a Suitcase**
1.00 PM **Agony** 4/7. (S2)
1.30 **The Gaffer** 6/7. (S3)
2.00 **Second Thoughts** (S2)
2.30 **The Fenn Street Gang**
3.00 **Hallelujah** (S1)
3.30 **Boon** 8/13. (S5)
4.30 **Old Country** (S1)
5.00 **Stereo Underground**
6.00 **The Gaffer** 6/7. (S3)
6.30 **Danger Man** (S1)
7.00 **Bottle Boys** (S1)
7.30 **Doctor in Charge**
8.00 **Man in a Suitcase** (S1)
9.00 **Drop the Dead Donkey**
10.00 **FILM Black Magic Woman** (1991, 18) ★★
11.55 **FILM Flesh for Frankenstein** Comedy. (1973, 18, 90min) ★★★
1.50 AM **Stereo Underground**
2.45 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **The Alaska Triangle** Documentary.
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters** A crippling five-month shutdown put a huge strain on the business. **8.00** Gold Gypsies Chris and Greg Clark start their season with heartbreak.
9.00 **Dirty Jobs** Mike Rowe installs a lightning rod system in Mississippi. **10.00** Replacing electricity pylons.
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **James Martin's Spanish Adventure**
7.00 **Hairy Bikers' Mississippi Adventure**
8.00 **Prue Leith's Cotswold Kitchen** As 5.00pm.
9.00 **Jamie Cooks Italy**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin: Sweet**
3.00 **Hairy Bikers' Mississippi Adventure**
4.00 **Nigella Bites**
5.00 **Prue Leith's Cotswold Kitchen** Prue is joined by YolanDa Brown.
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Jamie's 5 Ingredient Mediterranean Meals** New edition
10.00 **Rick Stein's Food Heroes** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 20/28. (S1)
9.00 **T.J. Hooker** 15/19. (S5)
10.00 **Babylon 5** 8/22. (S2)
11.00 **FILM Tornado Warning** Sci-fi action thriller. (2012, PG, 90min) ★★
1.00 PM **FILM First Men in the Moon** Adventure. (1964, U, 99min) ★★★
3.00 **FILM The People That Time Forgot** Fantasy adventure sequel. (1977, U, 96min) ★★
5.00 **Star Trek** 22/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 9/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM Assault on Precinct 13** Thriller. (2004, 15, 109min) ★★
11.15 **FILM Upgrade** Sci-fi action thriller. (2018, 15, 100min) ★★★★
1.20 AM **FILM Fortress** Thriller. (2021, 15) ★★
3.15 **to 5.00** AM **FILM The Resident** Horror thriller. (2011, 15, 91min) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Gambler Returns: The Luck of the Draw** Western.
11.00 **Andromeda** 1/22. (S4)
12.00 NOON **FILM Sinbad and the Clash of the Furies** Action adventure. (2016, 12, 90min) ★
2.00 PM **The Gambler Returns: The Luck of the Draw** Western.
4.00 **Walker, Texas Ranger**
5.00 **FILM Weather Wars** Sci-fi disaster thriller. (2011, 15, 82min) ★★
7.00 **Andromeda** 2/22. (S4)
8.00 **The A-Team** 19/23. (S2)
9.00 **FILM Faster** Thriller with Dwayne Johnson. (2010, 15, 97min) ★★★
11.00 **FILM Lucky Number Slevin** Darkly comic thriller starring Josh Hartnett and Lucy Liu. (2006, 18, 110min) ★★★
1.15 AM **FILM Faster** (2010)
3.15 **FILM Weather Wars**
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Coalville.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Container Wars**
9.20 **Storage Wars**
1.05 PM **Pawn Stars**
2.05 **Money for Nothing**
3.05 **Container Wars**
4.05 **Ancient Aliens**
5.00 **Alien Files Reopened**
6.00 **Storage Wars Canada**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **Death Coast**
10.00 **Junk & Disorderly**
11.00 **Swamp People: Serpent Invasion**
12.00 M'T **History's Most Shocking** A leopard goes on the rampage in India.
1.00 AM **Alien Files Reopened** Documentary.
2.00 **Mysteries from Above**
3.00 **Container Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** Tuscany.
12.00 NOON **All Creatures Great and Small** (S3)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.35 **Around the World by Train with Tony Robinson** Australia.
5.00 **Secret Life of the Forest**
6.00 **Sunken Warships: Secrets from the Deep**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Ellis** *Elmsly – Part Two:* 4/4. Revelations about Abi's death send tremors through Elmsly. (S2)
10.00 **The Madame Blanc Mysteries** *Bad Education:* 3/6. A night watchman is attacked. (S4)
11.00 **Prisoner: Cell Block H**
1.00 AM **Murder, She Wrote**
3.00 **Secret Life of the Forest**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** A family from Birmingham compete.
7.00 **The Celebrity Chase Christmas Special** With John Inverdale, Judy Murray, Bernard Cribbins and Scarlett Moffatt.
8.00 **Beat the Chasers**
9.00 **The Chase** Quiz show.
10.00 **The Chase Celebrity Special** With guests Melvin Odoom, Carl Fogarty, Louis Smith and Bonnie Langford.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.00** 21/24. Sheldon and Amy face a dilemma. **8.30** 22/24. Leonard is surprised when his mother Beverly arrives and is kind to him. (S12)
9.00 **Baylen Out Loud** Baylen learns what Colin's work relocation means for their relationship.
10.00 **Suddenly Amish** New edition Esmeralda faces harsh judgment during her makeover.
11.00 **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Friends** (S1&2)
9.00 **Everybody Loves Raymond** 9-12/26. (S3)
11.00 **The Upper Hand**
1.00 PM **Friends** (S6)
8.00 **Friends** 22/25. Elizabeth sneaks away with Ross to her grandmother's cabin for the weekend. **8.30** 23/25. Phoebe helps Chandler choose an engagement ring. (S6)
9.00 **Jimmy Carr's Am I the A**hole?**
10.00 **Mr Bean** 11&12/14. (S1)
11.00 **Police Squad!** (S1)
12.00 M'T **Whose Line Is It Anyway? USA**
1.00 AM **South Park** (S6)
2.00 **Teachers** 20/20. (S3)
2.30 **MTV Cribs: Comedians Specials** With Big Zuu.
2.45 **The Pep Talk**
2.50 **Jack Whitehall Live**
3.35 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 4&5/26. (S3)
6.50 **Rosie Jones Tries to Help** With Jayde Adams.
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends** 10-13/25. (S3)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** 7-10/26. (S3)
7.00 **Michael McIntyre's Big Show** With Marvin and Rochelle Humes.
8.00 **The Upper Hand** (S3)
9.00 **Friends**
1.00 AM **8 Out of 10 Cats**
1.50 **Michael McIntyre's Big Show** As 7.00pm.
2.50 **Most Ridiculous**
3.35 **Impractical Jokers**
5.10 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Highlights**
10.10 **Bread** 6/14. (S6)
10.50 **Steptoe and Son** (S8)
11.25 **Oh, Doctor Beeching!**
12.00 NOON **Rising Damp**
12.30 PM **Man About the...**
1.00 **Goodnight Sweetheart**
1.35 **When the Boat Comes In** 12/15. Sitcom. (S3)
2.40 **Minder** 7/13. (S3)
3.45 **Just Good Friends** (S3)
4.20 **Man About the House**
4.55 **Bread** 6/14. (S6)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Rising Damp** 3/6. (S4)
6.45 **Steptoe and Son** (S8)
7.20 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 4/10. (S10)
9.00 **Benidorm** 4/7. (S6)
9.55 **Shameless** 4/16. (S5)
10.55 **Man About the House**
11.35 **Mind Your Language**
12.05 AM **Benidorm** 4/7. (S6)
1.05 **Minder** 13/13. (S3)
2.05 **Duty Free** 6/7. (S2)
2.30 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids Go Skint** Law student Naveena stays with a family of five.
8.00 **Judge Judy** Real-life small-claims cases.
9.00 **Skin A&E** Dr Dev Shah's patient has a strange lesion on her head.
10.00 **Tattoo Fixers** Alice reworks dog-lover William's cover.
11.00 **Geordie Shore** Vicky and Ricci are inseparable.
12.00 M'T **Ridiculousness**
1.00 AM **Ink Master: Revenge** Double bill.
2.45 **True Life Crime UK**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush: White Water**
11.00 **Building Alaska**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.30** Construction wood, recycling and fishing flies.
5.00 **Alaska: Homestead Rescue** The Raneys restore a homestead destroyed by lava. **6.00** The Raneys convert an old barn into a fishing kitchen.

10.00 The Last Woodsmen

Alaska: Homestead Rescue (started at 6.00pm)

8.00 Shorty's Dream Shop 1/2. After losing a grandson in a crash, Rick wants to raise money to promote road safety.

9.00 Deadliest Catch New edition When a crab boat goes down, the *Wizard* is the only vessel close enough to reach it.

10.00 The Last Woodsmen New edition Jared and his crew race to move float camp before a coastal storm hits.

11.00 **The Alaska Triangle** A cryptozoologist investigates reports of a sea monster.
12.00 M'T **Deadliest Catch**
2.00 AM **The Last Woodsmen**
3.00 **Edge of Alaska** The residents of McCarthy raise a big barn.
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Project Grizzly**
10.00 **Tanked**
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Jackson helps a father and son. **4.00** Jackson helps a cat move to a new home.
5.00 **Lone Star Law** Warden Hensz handles a family of owls.
6.00 **Dr Jeff: Rocky Mountain Vet** Volunteers drive from Kansas to save a tiny rescue dog.

8.00 Guardians of the Glades

7.00 Treehouse Masters Pete Nelson creates a bungalow with large windows to take in a view that was once lost.

8.00 Guardians of the Glades The team members target the islands around Snake Bight Bay.

9.00 Alaska: The Last Frontier Tempers flare as Otto, Eivin and Levi move an old workshop cabin to Otto's property.

10.00 Alaskan Bush People: Bushcraft Chronicles The Browns speak about defending themselves in the wilderness.

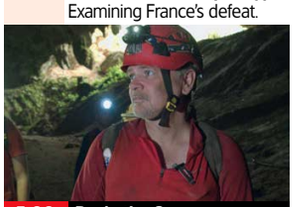
11.00 **The Haunted** A man is seduced by a female demon.
12.00 M'T **Crikey! It's the Irwins** Terri finds out if a tiger's tumours have been treated.
1.00 AM **Mountain Monsters**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Rocky Mountain Railroad**
11.00 **Car S.O.S** A 1989 VW Golf.
12.00 NOON **Inside Airport Lost & Found** Documentary.
1.00 PM **Air Crash Investigation**
2.00 **Secret Nazi Science**
3.00 **Unmasking the Killers of the Third Reich** Documentary.
4.00 **Colosseum: Rise and Fall**
5.00 **Drain the Oceans: Thai Cave Rescue** A 3D survey of the Tham Luang cave system.
6.00 **World War II: The Apocalypse** Examining France's defeat.



5.00 Drain the Oceans

7.00 Air Crash Investigation Experts are baffled when the wreck of Thai Airways Flight 311 is found amid mountain peaks.

8.00 Mega Marine Machines New edition The work of Sanmar Shipyards in Turkey, where engineers are redefining the tugboat.

9.00 Construction Fails A look at why the only Bangkok building to collapse in an earthquake was the newest one.

10.00 Disaster Autopsy The crash of a Boeing 737 Max, the capsizing of the Kielland oil rig, and the Notre-Dame fire.

11.00 **Air Crash Investigation** The pilots of a crashed cargo jet believe they lost both engines.
12.00 M'T **Border Protection Spain**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown** Hunters visit a dentist in search of metal.
2.30 **Lords of War** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Documentary.
6.30 **Digging for Britain**
9.15 **Pawn Stars**
10.10 **Storage Wars**
12.00 NOON **Ice Road Truckers**
2.00 PM **Hazardous History with Henry Winkler** Four editions of the series, including at: **5.00** Bone-crushing football and deadly baseball games.
6.00 **History's Greatest Picks with Mike Wolfe** Uncovering the stories, journeys and values behind historical items.

9.00 World War II

7.00 Forged in Fire Four bladesmiths build their own coal forges using materials scavenged from a storage unit.

8.00 Hitler's Engineers The influence of Hans Kammler over the Third Reich's most deadly engineering projects.

9.00 World War II with Tom Hanks New editions The Pacific campaign reaches a brutal fever pitch. **9.55** Allied armies advance towards Berlin.

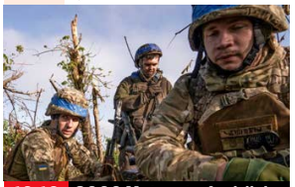
10.50 Witches of Essex Women accused of witchcraft during 16th and 17th centuries in Essex.

11.50 **Witches of Essex** Investigating the 1582 St Osyth witch hunt, where a petty disagreement over money spiralled into mass hysteria and death.
12.50 AM **Ice Road Truckers** Lisa's truck loses all heat as temperatures plummet.
1.45 **Hazardous History with Henry Winkler** Triple bill.
4.35 **to 6.00** AM **Storage Wars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Nineties**
7.00 **Discovering: Ronald Colman**
8.00 **The Directors**
9.00 **Vegas: The Story of Sin City**
10.00 **The Civil War**
11.05 **History of the Sitcom**
12.00 NOON **Paul Simon: In Restless Dreams**
2.00 PM **OJ: Made in America**
4.00 **The Directors**
5.00 **Discovering: Ronald Colman**
6.00 **Vegas: The Story of Sin City** 2/4. A look back at Las Vegas's golden age started by a Rat Pack show in 1960.



10.10 2000 Meters to Andriivka

7.00 David Frost Vs Recalling the journalist's interviews with former US president Richard Nixon in 1977.

8.00 The Truth vs Alex Jones Documentary following the two defamation lawsuits brought by families of Sandy Hook Elementary School shooting victims against Alex Jones and his website InfoWars.

10.10 2000 Meters to Andriivka One-off documentary following a Ukrainian platoon as they traverse a heavily fortified mile of forest to liberate a strategic village from Russian forces.

12.20 AM **OJ: Made in America** 2/5. How OJ Simpson became distanced from Los Angeles' Black community.
2.10 **Dart Kings** 1-3/3. Triple bill.
5.00 **to 6.00** AM **Discovering: Ronald Colman**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Gem Hunters Down Under** Double bill.
1.00 PM **Ant Anstead: Born Mechanic**
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 NEW SERIES **Johnny Vegas' Little Shop of Antiques** Following the comedian at his antiques shop in Cheshire. *See feature, page 21.*
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Married to Evil**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Tracie Andrews.
4.00 **American Monster**
6.00 **Evil Lives Here**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Body Cam** New editions Officers surround a house where men take a hostage at gunpoint. **10.00** Officers search for a fugitive suspected of carrying a machete.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** The story of Dawn Walker, who was killed on her wedding night in West Yorkshire.
8.00 **UK Crime Files: Murder of a Showgirl** Exploring the case of George Shotton.
9.00 **UK Crime Files: Gangland Murders** Simon Toyne travels to Manchester to examine the gang violence.
10.00 **Killers: Caught on Camera** Documentary.
11.00 **Secrets of a Murder Detective** Gary Dean.
12.00 M'T **UK Crime Files: Murder of a Showgirl**
1.00 AM **UK Crime Files: Gangland Murders**
2.00 **Killers: Caught on Camera** Documentary.
3.00 **Murder UK**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: The Silent Assassin**
9.55 **UK Crime Files: Body in the Bag**
11.00 **Secrets of a Murder Detective** True-crime.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: The Hotelier and the Hitman** Documentary.
3.00 **UK Crime Files: Facebook Killer**
4.00 **Secrets of a Murder Detective** True-crime.
5.00 **Medical Detectives** A California career woman keeps falling ill. **5.30** A criminology student is found dead. **6.00** A woman is found shot dead at home. **6.30** A mother is found stabbed to death.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Patrol**
8.00 **A1: Britain's Longest Road** Documentary.
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Killer in My Village** Holly Newton.
1.00 PM **Murdered at First Sight** Ron Browning.
2.00 **World's Most Evil Killers**
3.00 **Catching the Killer**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Charmed by the Devil**
10.45 **How I Caught the Killer**
11.50 **World's Most Evil Killers**
12.55 AM **Catching the Killer**
2.00 **The Real CSI: Miami**
3.00 **Send in the Dogs**
4.00 **A1: Britain's Longest Road** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** Documentary.
8.35 **Treasures Decoded**
9.40 **A Nation Denied...**
10.40 **Titans of the Cold War**
11.50 **The War** As 9.55pm.
1.00 PM **America the...**
1.35 **Treasures Decoded**
2.35 **A Nation Denied...**
3.35 **Dying Democracies: Europe in Decline**
4.35 **Titans of the Cold War**
5.40 **The War** As 9.55pm.
6.45 **Treasures Decoded**
7.50 **A Nation Denied: Ukraine's Battle for History** Documentary.
8.50 NEW SERIES **Titans of the Cold War** A look at the Vietnam War's most critical years.
9.55 **The War** The violence in the Pacific in early 1945.
11.00 **A Nation Denied...**
12.00 M'T **Titans of the Cold War** Documentary.
1.10 **to 2.00** AM **America the Bountiful**

TUESDAY

Tuesday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Great Blue Wild**
10.00 **New Kids in the Wild**
11.00 **Shark with Steve Backshall**
12.00 NOON **Africa's Claws and Jaws**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Great Blue Wild**
4.00 **New Kids in the Wild**
5.00 **Shark with Steve Backshall**
6.00 **Africa's Claws and Jaws**
7.00 **Monkey Life** Double bill.
8.00 **Slovenia: Where Nature Comes First** Documentary.
9.00 **Extreme Animals: One Wild Day** How animals adapt to the extremes of the desert.
10.00 **Africa's Claws and Jaws**
11.00 **Shark with Steve Backshall**
12.00 M'T **Land of Primates**
1.00 AM **Ol Pejeta Diaries**
2.00 **Slovenia: Where Nature Comes First** Documentary.
3.00 **Extreme Animals: One Wild...**
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Great Blue Wild**

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Murder Detective**
2.00 PM **Green Eyed Killers**
3.00 **Murdered by Morning**
6.00 **On the Case with Paula Zahn**
7.00 **The First 48** In Tulsa, a detective tracks a sadistic killer.
8.00 **Green Eyed Killers**
9.00 **Staged: Deadly Deception** New edition Two women are found dead beside a wrecked car in a San Diego canyon.
10.00 **The Death Investigator with Barbara Butcher** New edition The ambush of a Las Vegas journalist outside his home.
11.00 **Very Scary People**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Atlanta** Documentary.
2.00 **Staged: Deadly Deception**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1 hour 256 333

U&Eden

166 134/162 176 57 160 71

9.00 AM **Inside the Ambulance: Coast and Country**
1.00 PM **Inside the Ambulance: Coast and Country**
5.00 **Secrets of the Transport Museum** Brooklands' Concorde 'Delta Golf' undergoes a makeover – just in time for a visit from Concorde royalty.
6.00 A volunteer is tasked with waking a legendary Le Mans racer from its exhibit slumber.
7.00 Billy Monger gives a fellow double amputee a driving lesson, and a fire engine gets pumping for the first time in years.
8.00 The legendary Napier-Railton has a service, and a 100-year-old push bike gets a wooden wheel built.
9.00 A Barnes Wallis catapult is fixed by volunteers, and a Triumph car is put through its paces in a road test.
10.00 **Secrets of the Transport Museum** Eight editions.
5.25 **to 6.00** AM **Great British Railway Journeys**

+1 hour 266 376

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Combat Trains**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens**
12.55 PM **World War Weird**
3.55 **Apocalypse D-Day**
6.05 **Mysteries from Above**
7.05 **UFO Encounters UK** 1/2. Sixty years on, Tony's close encounter has become an obsession, while pilot David presents photographic evidence of the UFO he almost crashed into.
8.00 **Battle 360** CGI reconstruction of the World War Two Pacific Battle of Midway.
9.00 **Dark Marvels: Killing Machines** Exploring the dark secrets hidden within some foreboding fortresses.
10.00 **Secrets of the Hells Angels** The experiences of Charles 'Peewee' Goldsmith.
11.00 **Ancient Aliens**
1.00 AM **UFO Encounters UK**
2.00 **World War Weird**
5.00 **to 6.00** AM **Crimes That Shook Britain**

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Europe's New Wild**
11.00 **Fish Tank Kings**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Heartland Docs**
2.00 **World's Biggest Sharks**
3.00 **World's Weirdest**
4.00 **Secrets of the Zoo**
5.00 **Yukon Vet**
7.00 **Secrets of the Zoo** An alligator breaks out of its restraints during a medical examination.
8.00 **Way of the Cheetah** A cheetah and her four cubs must navigate the plains of the Mara ecosystem.
9.00 **Leopard Kingdom** Three leopards compete to dominate their mother's old territory.
10.00 **Lawless Island** Port Protection residents use their talents to make it through the winter.
11.00 **Ultimate Airport Dubai**
12.00 M'T **World's Deadliest**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Fish Tank Kings**

ID

154 140 166

8.00 AM **Murder Comes to Town**
12.00 NOON **Evil Online**
1.00 PM **American Monster**
3.00 **Forbidden: Dying for Love**
7.00 **Betrayed** How, after lifelong Long Islander Donna Bocklet announced she was moving to Florida, it sent a shock wave through her friends and family that ended in her murder.
8.00 When the body of a maternity nurse was found in an Indiana cornfield, investigators soon found themselves circling the victim's two ex-husbands and daughter.
9.00 **Signs of a Psychopath** Authorities struggle to solve three murder cases for 30 years.
9.30 When police find dead bodies inside a psychopath's apartment, they struggle to make sense of the killer's motive.
10.00 **Evil Lives Here**
11.00 **On the Case with Paula Zahn**
12.00 M'T **Twisted Sisters**
2.00 AM **Forbidden: Dying for Love**
4.00 **to 6.00** AM **Betrayed**

+1 hour 254 366

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
11.00 **Savage Builds**
1.00 PM **The Dino Hunters**
3.00 **Killers of the Cosmos**
6.00 **How It's Made: Dream Cars**
6.30 **How It's Made** Five editions.
9.00 **Savage Builds** Adam Savage joins forces with a NASA engineer to rebuild a rocket-propelled super weapon, originally built to breach barbed wire in World War Two.
10.00 **Extreme Engineering** Danny Forster visits Rotterdam to examine plans to expand the city's port – the largest earth-moving project in history.
11.00 **You Have Been Warned** Lighting matches with bullets, and kayaking in the snow.
12.00 M'T Using fire to charge phones, and the world's fastest electric dragster.
1.00 AM **Alien Highway**
2.00 **Killers of the Cosmos**
4.00 **to 6.00** AM **Truth Behind the Moon Landing**

+1 hr 267 379

Discovery History

161/172 147 181

7.00 AM **Expedition Unknown: Hunt for Extraterrestrials**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Aliens in Alaska**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Gravitational waves, which are helping scientists explore the cosmos in new ways.
8.00 **Expedition Unknown: Hunt for Extraterrestrials** Josh Gates travels to Easter Island.
9.00 **Ancient Unexplained Files** The truth behind a cave wall in Nottinghamshire.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Big**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Garage Rehab**
3.00 **G.A.S. Extreme Customs**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Faster with Finnegan**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Faster with Finnegan** The LS-powered S-15 mini truck gets revamped.
9.00 **Outback Truckers** Johnny and Graeme face a critical oil leak during the Finke Desert Race.
10.00 **G.A.S. Extreme Customs** Beau and the crew restore one of their most offbeat builds ever.
11.00 **Shed and Buried: Classic Cars** A VW Beetle Beach Buggy.
12.00 M'T **Faster with Finnegan**
1.00 AM **Richard Hammond's Big**
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1 hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Anemone** As 3.45pm.
8.10 **Anaconda** As 8.00pm.
10.00 **Grand Prix of Europe** Animation. (2025, U, 98min)
11.40 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
1.20 PM **Wicked: For Good** Fantasy sequel. (2025, PG) ★★★
3.45 **Anemone** Drama with Sean Bean. (2025, 15, 125min) ★★★
5.55 **Bugonia** Comedy thriller. (2025, 15, 118min) ★★★★

5.55 Bugonia

8.00 Anaconda Action comedy starring Jack Black and Paul Rudd. Two friends encounter a terrifying creature while remaking their favourite movie. With Thandiwe Newton and Steve Zahn. (2025, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Night Patrol Horror thriller starring Jermaine Fowler. An Los Angeles cop discovers a local task force is hiding a secret that puts the residents of his childhood neighbourhood in danger. (2025, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **In Cold Light** Crime thriller starring Maika Monroe. (2025, 15, 96min) ★★★
1.40 AM **Strung** Thriller with Chloe Bailey. (2026, 15, 119min)
3.55 **to 6.00** AM **Mile End Kicks** Romantic comedy drama starring Barbie Ferreira. (2025, 15, 111min) ★★★★

Sky Cinema Karate Kid

303 303 403 503 517

7.00 AM **The Karate Kid** (1984)
9.15 **The Karate Kid Part II**
11.25 **The Karate Kid: Part III**
1.30 PM **The Next Karate Kid** Martial arts adventure. (1994, PG, 104min) ★★
3.35 **The Karate Kid** Martial arts adventure with Jaden Smith. (2010, PG, 140min) ★★★
6.10 **Karate Kid: Legends** Martial arts adventure starring Jackie Chan and Ralph Macchio. (2025, 12, 94min) ★★★

10.20 The Karate Kid Part II

8.00 The Karate Kid Martial arts adventure starring Ralph Macchio as a teenager who learns karate to combat the local motorcycle gang. With Noriyuki 'Pat' Morita and Elisabeth Shue. (1984, 12, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 The Karate Kid Part II Martial arts adventure sequel starring Ralph Macchio and Noriyuki 'Pat' Morita. The Karate Kid and his mentor travel to Japan to settle a long-standing duel of honour. With Tamlyn Tomita. (1986, PG, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Karate Kid: Part III** Martial arts adventure sequel. (1989, PG, 111min) ★
2.35 **The Next Karate Kid** (1994)
4.35 **The Cinema List: Heroes**
4.55 **to 7.25** AM **The Karate Kid**

Sky Cinema Drama

310 310 410 510 524

6.30 AM **Cool Hand Luke** Drama. (1967, 15, 126min) ★★★★★
8.45 **Moneyball** As 12.35am.
11.10 **Cast Away** Adventure drama. (2000, 12, 143min) ★★★★
1.45 PM **Dreamgirls** Musical. (2006, 12, 130min) ★★★★
4.00 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
6.00 **Grease 2** Musical sequel. (1982, PG, 109min) ★★

8.00 I, Tonya Biopic starring Margot Robbie. Ice skater Tonya Harding rises through the ranks of US figure skating, but her future is thrown into question by a shocking incident. (2017, 15, 119min) ★★★★
10.10 **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix and Lady Gaga. Unhinged comedian Arthur Fleck meets the love of his life while incarcerated at Arkham State Hospital. (2024, 15, 138min) ★★★★

12.35 AM **Moneyball** Sports drama. (2011, 12, 133min) ★★★★
2.55 **The End of the Affair** Romantic drama starring Ralph Fiennes. (1999, 18, 101min) ★★★★
4.45 **to 6.30** AM **September 5** Thriller starring Peter Sarsgaard. (2024, 15, 95min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.30 AM **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
9.25 **Constantine** Supernatural thriller. (2005, 15, 121min) ★★★
11.30 **Pitch Black** Sci-fi chiller. (1999, 15, 108min) ★★★★
1.30 PM **Mickey 17** Sci-fi comedy. (2024, 15, 137min) ★★★
3.55 **Waterworld** Sci-fi action adventure with Kevin Costner. (1995, 12, 134min) ★★★

6.20 **Cloverfield** Offbeat disaster movie starring Lizzy Caplan. (2007, 15, 81min) ★★★
8.00 Men in Black Sci-fi action comedy starring Tommy Lee Jones and Will Smith. A streetwise New York cop joins a secret government agency that polices alien activity on Earth. (1997, PG, 94min) ★★★★
9.40 **From Dusk Till Dawn** Gory horror thriller starring George Clooney and Harvey Keitel. (1995, 18, 108min) ★★★★

11.40 **Event Horizon** Sci-fi horror thriller. (1997, 18, 96min) ★★★
1.25 AM **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
3.10 **The Exorcist** Occult chiller. (1973, 18, 121min) ★★★★★
5.15 **to 7.05** AM **Wolf Man** Werewolf horror. (2024, 15, 103min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.30 AM **Playmobil: The Movie** Animation. (2019, U) ★★
8.10 **Buffalo Kids** (2024, U) ★★★
9.35 **Epic Tails** (2022, U) ★★★
11.15 **Teenage Mutant Ninja Turtles**
1.00 PM **Teenage Mutant Ninja Turtles: Out of the Shadows**
2.55 **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★
4.30 **Stuart Little 2** Fantasy sequel. (2002, U, 78min) ★★★★
6.00 **Wicked: For Good** Fantasy sequel. (2025, PG) ★★★

4.30 Stuart Little 2

8.25 **Cats & Dogs: The Revenge of Kitty Galore** Fantasy comedy sequel featuring the voice of James Marsden. Rival canine and feline spies join forces to stop a power-hungry rogue cat. (2010, U, 82min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Teenage Mutant Ninja Turtles** Fantasy adventure starring Megan Fox, Will Arnett and William Fichtner. (2014, 12, 101 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy. (2016, 12, 112min) ★★★
1.30 AM **Scooby-Doo** Comedy. (2002, PG, 86min) ★★★
3.00 **Scooby-Doo 2: Monsters Unleashed** Comedy sequel. (2004, PG, 93min) ★★★
4.35 **Sky Cinema Preview**
5.15 **to 7.05** AM **Lemony Snicket's A Series of Unfortunate Events** Fantasy. (2004, PG, 103min) ★★★★

Sky Cinema Action

306 306 407 507 521

6.55 AM **The Meg** Action thriller. (2018, 12, 113min) ★★★
9.00 **Twilight of the Warriors: Walled In** As 4.40am.
11.15 **Hellboy II: The Golden Army** Fantasy. (2008, 12) ★★★★
1.25 PM **Transformers: Revenge of the Fallen** Action sequel. (2009, 12, 149min) ★★★
4.05 **300** Epic historical adventure. (2006, 15, 116min) ★★★★
6.10 **Skyscraper** Action thriller. (2018, 12, 102min) ★★★

10.40 The Long Kiss Goodnight

8.00 **Transformers: Dark of the Moon** Sci-fi action adventure sequel starring Shia LaBeouf as a young man caught up in another titanic struggle between good and evil alien robots on Earth. With Josh Duhamel and Rosie Huntington-Whiteley. (2011, 12, 154min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **The Long Kiss Goodnight** Action thriller starring Geena Davis and Samuel L Jackson. An amnesiac schoolteacher uncovers her secret past as a crack CIA assassin. (1996, 18, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Bloodshot** Sci-fi thriller. (2020, 12, 109min) ★★
2.40 **Prisoner of War** Action thriller starring Scott Adkins. (2025, 15, 112min) ★★★
4.40 **to 6.50** AM **Twilight of the Warriors: Walled In** Thriller. (2024, 15, 126min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.15 AM **Gremlins 2: The New Batch** (1990, 12) ★★★
9.05 **The Cable Guy** Comedy. (1996, 12, 96min) ★★★★
10.50 **Anaconda** As 11.40pm.
12.30 PM **Bridget Jones: Mad About the Boy** (2024, 15) ★★★★
2.40 **Little Fockers** Comedy sequel. (2010, 12, 94min) ★★★
4.25 **Central Intelligence** Comedy. (2016, 12, 107min) ★★★
6.15 **Caddyshack** Comedy. (1980, 15, 95min) ★★★

9.35 Yesterday

8.00 **The Naked Gun** Comedy reboot with Liam Neeson and Pamela Anderson. Frank Drebin Jr must save his police department by solving a murder case. (2025, 15, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Yesterday** Danny Boyle's comedy starring Himesh Patel. A musician wakes up after being hit by a bus to find he is the only person in the world who remembers The Beatles. (2019, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Anaconda** Comedy adventure. (2025, 12, 99min) ★★★
1.30 AM **Mamma Mia! Here We Go Again** Musical sequel. (2018, PG, 114min) ★★★★
3.35 **Team America: World Police** Spoof of Hollywood action movies performed by puppets. (2004, 15, 98min) ★★★★
5.25 **The Cinema List: Bingeable**
5.45 **to 7.40** AM **Superbad** Comedy. (2007, 15, 113min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

7.30 AM **Jaws 3** As 8.00pm.
9.15 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
11.15 **Ocean's Thirteen** Thriller sequel with George Clooney. (2007, PG, 122min) ★★★
1.30 PM **Jaws 2** Thriller sequel. (1978, PG, 115min) ★★★
3.35 **The Firm** Legal thriller. (1993, 15, 155min) ★★★
6.15 **Cellular** Thriller starring Kim Basinger and Chris Evans. (2004, 15, 94min) ★★★

9.45 Nightcrawler

8.00 **Jaws 3** Adventure thriller sequel starring Dennis Quaid, Bess Armstrong and Simon MacCorkindale. A terrifying great white shark makes its way to a marine theme park. (1983, 12, 99min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

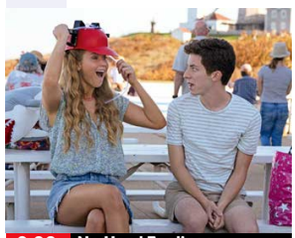
9.45 **Nightcrawler** Thriller starring Jake Gyllenhaal. An unscrupulous freelance TV cameraman prowls the streets of LA, looking for scoops to sell to sensation-hungry TV stations. With Rene Russo and Riz Ahmed. (2014, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Caught Stealing** Comedy thriller starring Austin Butler. (2025, 15, 107min) ★★★★
1.40 AM **The Line** Drama. (2023, 15, 100min) ★★★
3.25 **Night Call** Belgian thriller. (2024, 15, 97min) ★★★★
5.10 **to 7.00** AM **Antebellum** Horror. (2019, 15, 105min) ★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Perfect Catch** Romantic comedy remake. (2005, PG, 103min) ★★★
1.10 PM **The Black Shield of Falworth** Medieval adventure. (1954, U, 99min) ★★
3.10 **The Yellow Mountain** Western. (1954, U, 77min) ★★
4.45 **Anastasia** Historical drama. (1956, U, 105min) ★★★
6.50 **Fisherman's Friends** Comedy drama. (2019, 12, 112min) ★★★



9.00 No Hard Feelings

Fisherman's Friends (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **No Hard Feelings** Comedy starring Jennifer Lawrence and Andrew Barth Feldman. A hard-up woman agrees to date a wealthy couple's awkward son to force him out of his shell before college. (2023, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **The Black Phone** Horror starring Mason Thames and Ethan Hawke. In 1970s North Denver, detectives attempt to catch a masked predator nicknamed The Grabber. (2022, 15, 103min) ★★★
1.10 **to 3.50** AM **The Pillow Book** Peter Greenaway's offbeat, drama starring Vivian Wu. (1995, 18, 126min) ★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2026 Recap

302 302 402 502 516

6.00 AM **Sky Cinema Preview**
6.30 **Grand Prix of Europe** Animation. (2025, U, 98min)
8.15 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
9.50 **Flavia** Family adventure. (2026, PG, 105min) ★★★
11.35 **Gabby's Dollhouse: The Movie** Comedy. (2025, U, 99min) ★★★
1.25 PM **The Shadow's Edge** Action thriller. (2025, 15, 141 min) ★★★
3.50 **I Know What You Did Last Summer** Horror reboot. (2025, 15, 119min) ★★★
5.50 **The Bride!** Gothic horror starring Jessie Buckley. (2025, 15, 126min) ★★★★
8.00 **Wuthering Heights** Drama based on Emily Brontë's romance, starring Margot Robbie and Jacob Elordi. (2026, 15, 136min) ★★★★
10.20 **M3GAN 2.0** Sci-fi thriller sequel starring Allison Williams. (2025, 15, 120min) ★★★
12.25 AM **Strung** Thriller starring Chloe Bailey. (2026, 15, 119min)
2.30 **Nuremberg** Thriller starring Russell Crowe and Rami Malek. (2025, 15, 148min) ★★★★★
5.00 **to 6.45** AM **The Plague** Thriller starring Joel Edgerton. (2025, 15, 98min) ★★★★

Sky Cinema Greats

307 307 404 504 518

6.50 AM **Police Academy** Comedy. (1984, 15, 95min) ★★★
8.30 **Police Academy 2: Their First Assignment** Comedy sequel. (1985, 12, 87min) ★★
10.00 **Police Academy 3: Back in Training** Comedy sequel. (1986, PG, 82min) ★
11.30 **Ghostbusters** Supernatural comedy starring Bill Murray. (1984, 12, 105min) ★★★★
1.20 PM **Ghostbusters II** Comedy sequel. (1989, PG, 99min) ★★★
3.10 **Planes, Trains and Automobiles** Comedy. (1987, 15) ★★★★★
4.45 **See No Evil, Hear No Evil** Comedy thriller. (1989, 15) ★★★
6.30 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
8.00 **Ace Ventura: When Nature Calls** Comedy sequel with Jim Carrey. (1995, PG, 89min) ★★★
9.40 **The Man with Two Brains** Comedy. (1983, 15) ★★★★
11.20 **Blazing Saddles** Western spoof. (1974, 12, 90min) ★★★★
12.55 AM **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
2.40 **Arthur** Comedy starring Dudley Moore. (1981, 15, 93min) ★★★★
4.20 **The Cinema List: Remakes**
4.50 **to 6.25** AM **Blazing Saddles**

Disney+ Cinema

305 305

6.00 AM **Pocahontas** Animation. (1995, U, 81min) ★★★
7.30 **Maleficent** Fairytale adventure reworking of *Sleeping Beauty*. (2014, PG, 97min) ★★★★
9.10 **Ratatouille** Animated comedy. (2007, U, 106min) ★★★★★
11.05 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
1.25 PM **Cars 2** Animated comedy sequel. (2011, U, 102min) ★★★
3.15 **WALL-E** Animated adventure. (2008, U, 98min) ★★★★★
4.55 **The Princess Diaries** Comedy. (2001, U, 115min) ★★★
6.55 **National Treasure** Adventure. (2004, PG, 131min) ★★★★
9.00 **Veronica Guerin** Biopic starring Cate Blanchett as crusading Irish journalist Veronica Guerin. (2003, 18, 98min) ★★★
10.40 **Hitchcock** Biopic with Anthony Hopkins. (2012, 12, 94min) ★★★
12.20 AM **(500) Days of Summer** Offbeat romantic comedy. (2009, 12, 95min) ★★★★
1.55 **The Fault in Our Stars** Drama. (2014, 12, 121min) ★★★
4.05 **to 6.00** AM **Mufasa: The Lion King** Musical adventure prequel. (2024, PG, 118min) ★★★

Movies 24

312 313 419

7.00 AM **The Christmas Quest** Adventure. (2024, PG) ★★
9.00 **Christmas on Duty** Romantic drama. (2025, PG, 89min) ★★
11.00 **Three Wisest Men** Comedy drama. (2025, PG, 84min) ★★
1.00 PM **Holiday Crashers** Comedy. (2024, PG, 90min) ★★
3.00 **Time for Him to Come Home for Christmas** Romantic drama. (2022, PG, 84min) ★★
5.00 **My Norwegian Holiday** Comedy. (2023, PG, 80min) ★★
7.00 **Christmas on Call** Festive drama starring Sara Canning. (2024, PG, 90min) ★★
9.00 **An Alpine Holiday** Romantic comedy drama starring Ashley Williams and Laci J Mailey. Two estranged sisters reunite for Christmas in the French Alps, reminiscing their grandfather's first trip. (2025, U, 90min) ★★
11.00 **Christmas at the Catnip Cafe** Drama. (2025, PG, 90min) ★★
1.00 AM **Holiday Touchdown: A Chiefs Love Story** Festive drama. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **12 Dares of Christmas** Romantic drama. (2023, PG, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Cottage to Let** Comedy thriller. (1941, b/w, U) ★★★
7.45 **Doublecross** Adventure. (1955, b/w, U, 71min) ★★
9.15 **Glimpses: Sea to Plate and Billingsgate in 1956**
9.40 **Doctor at Sea** Comedy. (1955, PG, 93min) ★★★
11.30 **Star Performance** 4/38. (S3)
12.00 NOON **Railway Murders**
1.00 PM **Adventures of William Tell**
1.30 **The Dark Man** Thriller. (1950, b/w, U, 91min) ★★★
3.10 **Cinebox Memories**
3.15 **Brad Pitt: More Than a Pretty Face** Profile of the movie star.
4.20 **The Hasty Heart** Drama. (1949, b/w, U, 107min) ★★★★★
6.25 **Whiplash** 24/34. (S1)
6.55 **The Man from UNCLE** (S2)
7.55 **Buccaneer** 1/13. (S1)
9.00 **Love and Pain and the Whole Damn Thing** Romantic comedy. (1972, PG, 110min) ★★
11.15 **Fortean TV** Prehistoric beasts.
11.50 **X, Y and Zee** Melodrama. (1972, PG, 104min) ★★★
2.05 AM **Broken Blossoms** Drama. (1936, b/w, PG, 84min) ★★★
3.50 **Glimpses: Your Voice on the Telephone**
4.00 **Target: The Corruptors** (S1)
5.00 **to 6.00** AM **The Rogues**

Tuesday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **World Cup Report**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports News**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk** Sports news with live analysis and comments.
2.30 LIVE **The Hundred MI London v Sunrisers Leeds.** Coverage of the women's match from the Oval, as the two teams get the season underway. The Sunrisers won last year's competition thanks to a seven-wicket victory against Southern Brave. Start-time **2.45pm**.
6.00 LIVE **The Hundred MI London v Sunrisers Leeds.** Coverage of the men's match staged at the Oval in London. The hosts, who were known as Oval Invincibles last season, won the final last year thanks to an impressive 26-run victory over Trent Rockets. Start-time **6.30pm**.
9.30 LIVE **World Matchplay Darts** Coverage of the fourth day of the tournament staged at Winter Gardens in Blackpool, featuring four second-round matches.
12.00 M'T **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
9.00 **FNF** Leeds United v Burnley.
9.30 **Premier League Highlights**
11.30 **SNF** Arsenal v Fulham.
12.00 NOON **PL Highlights**
1.00 PM **MNF** Everton v Manchester City at Hill Dickinson Stadium.
1.30 **Premier League Highlights** Brighton & Hove Albion v Wolverhampton Wanderers.
2.00 Fulham v Bournemouth.
2.30 Sunderland v Man United.
3.00 Burnley v Aston Villa.
3.30 Crystal Palace v Everton.
4.00 **SNF** Manchester City v Brentford.
4.30 **Premier League Highlights** Nottingham Forest v Newcastle United at the City Ground.
5.30 **MNF** Highlights of Tottenham Hotspur v Leeds United.
6.00 **Premier League 360: Big Sam's Bolton**
8.00 **Netbusters** Highlights.
9.00 **Premier League Review**
11.00 **Premier League Years**
1.00 AM **PL Retro** Portsmouth v Southampton from 2005.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **to 6.00** AM **Best Premier League Goals: Solo Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **Retro League One**
8.00 **EFL Rivalries** Double bill.
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **EFL Cup** Manchester United v Southampton in the 2017 final.
11.00 **Old Firm Derby Best Goals**
11.30 **EFL Greatest Games**
12.00 NOON **EFL** The 14/15 play-offs.
3.00 PM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **Championship Retro** West Ham United v Blackpool from 2011/12.
6.00 **EFL** AFC Wimbledon v Plymouth Argyle in the 2015/16 League Two play-off final at Wembley.
7.00 Highlights of Barnsley v Millwall in the 2015/16 League One play-off final at Wembley.
8.00 Hull City v Sheffield Wednesday from 2015/16.
9.00 **SPFL Highlights** Celtic v Rangers in the Scottish Premiership.
9.30 **EFL Greatest Games**
10.00 **Championship Retro** Watford v Leicester City in the 2013 play-off semi-final second leg.
12.00 M'T **EFL Highlights**
3.00 AM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred** Northern Superchargers v Southern Brave in the 2025 women's final.
10.00 **The Hundred** A chance to see Oval Invincibles v Trent Rockets.
2.00 PM **The Hundred Bitesize**
2.15 LIVE **The Hundred MI London v Sunrisers Leeds.** Coverage of the women's match from the Oval, as the two teams get the season underway. The Sunrisers won last year's competition thanks to a seven-wicket victory against Southern Brave. Start-time **2.45pm**.
6.00 LIVE **The Hundred MI London v Sunrisers Leeds.** Coverage of the men's match staged at the Oval in London. The hosts, who were known as Oval Invincibles last season, won the final last year thanks to an impressive 26-run victory over Trent Rockets. Start-time **6.30pm**.
9.30 **The Hundred Bitesize**
10.00 **The Hundred** Another chance to see MI London v Sunrisers Leeds.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** Another chance to see MI London v Sunrisers Leeds.
5.45 **to 6.00** AM **The Hundred**

Sky Sports Golf

406 406 506 423 443

6.00 AM **School of Golf**
7.00 **Playing Lessons** Expert advice.
8.00 **Nick Dougherty's Tee Time Tips**
9.00 **Golf Academy**
10.00 **PGA Tour Golf** Highlights.
11.00 **The Open** The fourth day.
12.00 NOON **School of Golf**
1.00 PM **Best of the Women's Open Zone 2022** Archive highlights.
1.30 **Best of the Open Zone**
3.00 **The Golf Fitness Show**
3.30 **Mark Roe's Short Game School**
4.00 **HotelPlanner Tour Golf**
4.30 **PGA Tour Golf** Highlights.
5.30 **The Open** The fourth day.
6.30 **Duel: Golf's Greatest Showdown** The 1977 Open.
7.30 **DP World Tour Golf**
8.00 **Legends Tour Golf**
9.00 **PGA Tour Golf** The Corales Puntacana Championship.
10.00 **The Open** The fourth and final day in Southport, Merseyside.
11.00 **HotelPlanner Tour Golf**
11.30 **DP World Tour Golf**
12.00 M'T **Best of the Women's Open**
12.30 AM **Best of the Open Zone**
2.00 **Chronicles of a Champion**
3.00 **Nick Dougherty's Tee Time Tips**
4.00 **Golf Academy**
5.00 **to 6.00** AM **School of Golf**

TNT Sports 1

410 413 521 408 430

6.00 AM **Classic Premier League**
10.00 **Tour de France Women**
10.30 **Tour de France Men Highlights**
11.30 LIVE **Tour de France** Coverage from the 16th stage of the Grand Tour race, a 26.1km individual time trial from Evian-les-Bains to Thonon-les-Bains, as the final stretch of the race begins after the last rest day of the event yesterday. This stage last year was won by France's Valentin Paret-Peintre as he became the first French rider to win a 2025 stage.
5.15 PM **Race Bikes** Trek Session 9.9.
5.45 **TNT Sports Cricket Reload**
6.00 **One-Day International Cricket** West Indies v New Zealand.
7.00 LIVE **One-Day International Cricket West Indies v New Zealand.** Coverage of the fifth and final ODI of the series at Kensington Oval in Barbados. The hosts dominated the last five-match series against the Kiwis back in 2012 when they came out on top 4-1.
4.00 AM **IFSC Climbing World Series Highlights** In France.
5.00 **A-Z: Commonwealth Games**
5.30 **to 6.00** AM **Tour de France**

TNT Sports 2

411 414 522 409 431

6.00 AM **One-Day International Cricket** West Indies v New Zealand.
7.00 **NWSL** Recent highlights.
9.00 **Motocross World Championship**
12.00 NOON **One-Day International Cricket** West Indies v New Zealand.
1.00 PM **MLB Highlights**
2.00 **WRC Review** Rally Estonia.
3.00 **British Superbikes Highlights**
4.00 **Motocross World Championship**
7.00 **British Superbikes Highlights**
8.00 **Tour de France Men Highlights**
9.00 **UFC: The Ultimate Fighter**
10.00 **MLB Highlights**
11.00 **MLB Lead Off** A look ahead.
11.30 LIVE **MLB Philadelphia Phillies v Los Angeles Dodgers.** The National League match from Citizens Bank Park. The Dodgers claimed a 2-1 series win the last time the two sides met in Los Angeles at the end of May. Start-time **11.40pm**.
2.30 AM **MLB Closer** A look back.
3.00 LIVE **MLB Seattle Mariners v Cincinnati Reds.** Coverage of the inter-league match from T-Mobile Park. Start-time **2.40am**.
5.30 **MLB Classic** All-Star game.
5.45 **to 6.00** AM **British Superbikes**

Sky Sports Action

412 410 510 426 446

6.00 AM **NFL Highlights**
8.00 **World Matchplay Darts**
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** Carolina Panthers v Seattle Seahawks.
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.15 **Super Bowl LX Bitesize** Seattle Seahawks v New England Patriots.
5.30 **Super League Highlights**
6.00 **PDC Classics** Archive action.
7.00 LIVE **World Matchplay Darts** Coverage of day four of the tournament staged at Winter Gardens in Blackpool, featuring four second-round matches. Stephen Bunting and Gary Anderson were involved in the match of the night at this stage 12 months ago, with the former claiming a quarter-final berth with a 12-10 triumph, while Gian van Veen, James Wade and Jonny Clayton also progressed.
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super League Highlights**
2.00 **Super League** Huddersfield Giants v Leigh Leopards in 2025.
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 **Sky Sports Breakfast**
8.00 **WTA Tennis** The Linz Open final.
9.00 LIVE **WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours, including the ATP Austrian Open, ATP Estoril Open, WTA Hamburg Open and WTA Prague Open.
7.00 PM LIVE **World Matchplay Darts** Coverage of the fourth day of the tournament staged at Winter Gardens in Blackpool, featuring four second-round matches. Stephen Bunting and Gary Anderson were involved in the match of the night at this stage 12 months ago, with the former claiming a quarter-final berth with a 12-10 triumph, while Gian van Veen, James Wade, and Jonny Clayton also progressed.
12.00 M'T **EFL Greatest Games**
2.00 AM **WTA Tennis** The Abu Dhabi Open final held at Zayed Sports City International Tennis Centre.
3.00 **ATP Tennis** The Rotterdam Open final held at Rotterdam Ahoy.
4.00 **Formula 1** The Japanese Grand Prix staged at Suzuka Circuit.
5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
9.00 LIVE **WTA & ATP Tennis** Coverage from the Tours, including the ATP Austrian Open, ATP Estoril Open, WTA Hamburg Open and WTA Prague Open.
8.00 PM **WTA Tennis** Athens Open final at Stadion Sports Center.
9.00 **ATP Tennis** The Croatia Open final at International Tennis Center.
10.00 The Swiss Open final at Roy Emerson Arena in Gstaad.
11.00 The Swedish Open final.
12.00 M'T **WTA Tennis** Iasi Open final.
1.00 AM **Best of Serena Williams**
2.00 **WTA Tennis** Recent finals.
3.00 **Best of Serena Williams**
4.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **PGA Tour Golf**
8.00 **WTA & ATP Tennis** Highlights.
11.00 **NBA Basketball**
1.00 PM **PGA Tour Golf**
2.00 **PL Greatest Games**
2.15 LIVE **The Hundred MI London v Sunrisers Leeds.** Coverage of the women's match staged at the Oval in London, as the two teams get the season underway. Start-time **2.45pm**.
6.00 LIVE **The Hundred MI London v Sunrisers Leeds.** Coverage of the men's match at the Oval. Start-time **6.30pm**.
9.30 **The Open** The fourth day.
10.30 **Formula 1** Belgian Grand Prix.
11.30 **ATP Tennis** Miami Open review.
12.30 AM **EFL Greatest Games**
1.00 **NBA Basketball**
3.15 **PL Greatest Games**
4.00 **to 6.00** AM **WTA Tennis**

TNT Sports 3

413 415 523 410 432

6.00 AM **UEFA Europa League**
3.00 PM **UEFA Europa League** SC Freiburg v Aston Villa in the final.
4.30 **Fishing: On the Bank**
5.30 **MLB Highlights**
6.30 **Premier League Stories**
7.00 **NWSL** Gotham v Seattle Reign.
8.00 Highlights from Denver Summit v Portland Thorns.
9.00 **WRC Review** Rally Estonia.
10.00 **The Gruppetto** Cycling news.
10.15 **British Superbikes Rewind**
10.30 **UFC** Du Plessis v Usman.
1.30 AM **FIA World Endurance Championship Highlights**
2.30 LIVE **MLB Seattle Mariners v Cincinnati Reds.** The inter-league match at T-Mobile Park. The hosts are in a decent position in the American League West as they battle the likes of the Texas Rangers and Houston Astros to finish top of the division. Start-time **2.40am**.
5.30 **to 6.00** AM **Premier League**

TNT Sports 4

414 416 524 411 434

6.00 AM **Formula E Flashback**
7.00 **Fishing: On the Bank**
8.00 **British Superbikes Highlights**
9.00 **WRC Review** Rally Estonia.
10.00 **AFL** Two match replays.
1.00 PM **AFL** A replay of Port Adelaide Power v Fremantle Dockers.
2.30 North Melbourne Kangaroos v Melbourne Demons.
4.00 **AFL** A chance to see Collingwood Magpies v Carlton Blues.
5.30 Another chance to see West Coast Eagles v Brisbane Lions.
7.00 A chance to see Richmond Tigers v Hawthorn Hawks.
8.30 **AFL** Another chance to see Gold Coast Suns v Western Bulldogs.
10.00 Another chance to see Essendon Bombers v GWS Giants.
11.30 **NWSL** Gotham v Seattle Reign and Denver Summit v Portland Thorns.
1.30 AM **Premier League Legends**
2.00 **Tour de France Men Highlights**
3.00 **to 6.00** AM **UEFA Champions League – Classics**

Premier Sports 1

419 APP 528

6.00 AM **Transworld Sport** Magazine.
7.00 **LaLiga** Real Madrid v Barcelona.
9.00 **NASCAR Highlights**
10.00 **World Surf League**
11.00 **LaLiga** Another chance to see Real Madrid v Atletico Madrid.
1.00 PM **Scottish Cup Football** Celtic v Dunfermline Athletic in the final.
3.00 **Argentine Primera** A chance to see River Plate v Belgrano.
4.55 **Sporting Greats**
5.25 **Bike World** Magazine.
5.55 LIVE **Swedish Speedway** Coverage of an Elitserien meeting.
8.00 **Motorsport** Valentino Rossi.
8.30 **Sporting Countdowns**
9.00 **World Surf League**
10.00 **NASCAR Highlights**
11.00 **FIM Sidecarcross Championship** From Germany.
12.00 M'T **Swedish Speedway**
2.00 AM **Bike World** Highlights.
2.30 **Sporting Greats**
3.00 **to 6.00** AM **Ultimate Karting Championship**

Premier Sports 2

420 APP 529

6.00 AM **Champions Cup** Another chance to see Leinster v Toulon.
8.00 Another chance to see Bordeaux Begles v Bath.
10.00 **Football's Greatest**
11.00 **Rugby Junior World Championships** Another chance to see Australia U20 v Spain U20.
1.00 PM A chance to see South Africa U20 v Uruguay U20.
3.00 **Temples of Sport**
3.30 **Rugby Junior World Championships** Another chance to see France U20 v Spain U20.
5.30 Wales U20 v Uruguay U20.
7.30 **Temples of Sport**
8.00 **Rugby Junior World Championships** A chance to see Argentina U20 v Ireland U20.
10.00 Australia U20 v Fiji U20.
12.00 M'T **Temples of Sport**
1.00 AM **EUT20 Belgium** Another chance to see Brussels v Antwerp.
5.15 **Africa Eco Race** Highlights.
5.30 **to 6.00** AM **Football's Greatest**

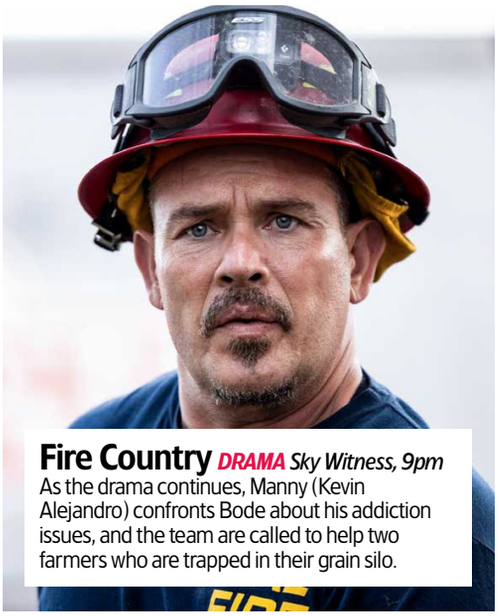
Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** From Hungary.
10.00 **Ginetta Juniors Highlights**
11.00 **Formula 1** Action from Belgium.
1.00 PM **F1 Feature**
1.15 **Formula 1** Belgian Grand Prix.
5.45 **Formula 1** British Grand Prix.
8.00 **GB3 Championship Highlights**
9.00 **Indycar** Music City Grand Prix.
10.00 **Formula 1** Belgian Grand Prix.
11.00 **Indycar** Music City Grand Prix.
12.00 M'T **Formula 1** From Belgium.
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday 22 July Planner



Fire Country *DRAMA Sky Witness, 9pm*

As the drama continues, Manny (Kevin Alejandro) confronts Bode about his addiction issues, and the team are called to help two farmers who are trapped in their grain silo.

A Toxic Love Story

DOCUMENTARY Netflix

If you like your true crime documentaries with a twist in the tale, this one will be worth saving. A US Marshal and his new wife start receiving threatening emails and immediately have their suspicions – but who is the real victim?

Katie Price: Nothing to Hide

DOCUMENTARY

Sky Documentaries, 9pm

As the in-depth profile of the model and reality star continues, we learn about the story of Katie's blossoming relationship with singer Peter Andre following their time in the *I'm a Celebrity* jungle.

Intimacy

DRAMA BBC Sounds

Game of Thrones' Lena Headey features in this new eight-part audio drama about an intimacy co-ordinator whose dream job on a major film is put at risk when secrets from her part are revealed. Also features Alison Steadman (pictured right).

Wednesday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives...	7.30 EastEnders	8.00 The Repair Shop		9.00 Murder 24/7		10.00 News; Local News	
	102 BBC2	‹ 6.00 Cricket: The Hundred – Live: Southern Brave Men v Welsh Fire Men (Start-time 6.30)					9.30 Saving Lives at Sea		10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Deal or No...	8.00 Emmerdale	8.30 Coronation...	9.00 Who Wants to Be a Millionaire? †		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Bake Off: The Professionals – The Final		9.00 The Undeclared War		10.00 24 Hours in A&E	
	105 5	7.00 Tour de France		8.00 Casualty 24/7: Every Second Counts		9.00 The Crow Girl		10.00 Surgeons: A Matter of Life or Death	
	106 SKY ONE	7.00 The Simpsons		8.00 Whale with Steve Backshall		9.00 Film: Skyscraper			
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Top Gear		9.00 Sin City: The Real Las Vegas			10.30 Ibiza: Secrets...
	116 BBC4	7.00 Great British...	7.30 Walking with...	8.00 The Mary Rose: A Timewatch Guide		9.00 The Magic of Mushrooms		10.00 Play for Today: Edna, the Inebriate...	
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Love Island		10.05 Love Island...	10.35 Family Guy
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 My Floating Home		10.00 24 Hours in Police Custody...	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Fire Country		10.00 FBI: International	
	108 SKY ATLANTIC	‹ 6.50 The Gilded Age				9.00 House of the Dragon			10.15 The Fear Index
	110 U&GOLD	7.00 Only Fools and...	7.35 Dad's Army		8.20 Are You Being Served?	9.00 Porridge	9.40 The Office		10.20 Not Going Out
	111 U&DAVE	7.00 Mortimer & Whitehouse	7.40 Would I Lie to You?			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	7.00 Heartbeat		8.00 Midsomer Murders				10.00 Grantchester	
	120 ITV4	7.00 Aussie Pickers		8.00 Goodwood Festival of Speed		9.00 Film: Coogan's Bluff			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 8 Out of 10 Cats	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Resident Alien		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Sister Boniface Mysteries		9.00 The Chelsea Detective		10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 The Brontës by Anita Rani		9.00 Bill Bailey's Master Crafters		10.00 God Bless Ozzy Osbourne	
	132 U&W	7.00 DIY SOS: The Big Build		8.00 999 Rescue Squad		9.00 Signora Volpe			
DOCUMENTARY	125 DISCOVERY	7.00 Shorty's Dream Shop				9.00 Wheeler Dealers		10.00 Mighty Truckers	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Preposterous Pets		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Bushcraft...	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Bloody Tales of the Tower					
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Storage Wars		9.00 History's Greatest Warriors		10.00 Mysteries Unearthed with Danny Trejo	
	155 U&YESTERDAY	7.00 Planet Earth III		8.00 Explore		9.00 Simon Reeve's South America		10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	7.00 I Am Patrick Swayze				9.00 Katie Price: Nothing to Hide			10.10 Nothing Compares

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition (S)(AD)
10.15 **The Moment of Proof** (S)(R)(AD)
10.45 **Expert Witness** New edition (S)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Policing Paradise** (S)(R)
2.30 **Rick Stein's Australia** (S)(R)(AD)
3.00 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition One bidder gets wrapped up in a piece of World War Two history. (S)
4.30 **The Travelling Auctioneers** New edition A dog groomer lets go of her parents' treasured items. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 **NEW Our Lives: Heavy Horses** Following the work of Kate Mobbs-Morgan and her team of trusty working horses. (S)(AD)
7.30 **EastEnders** Amy and her friends humiliate Joel with a cruel prank. (S)(AD)

8 PM

8.00 **The Repair Shop** The team of restoration experts repair a personally engraved braille watch, a vintage projector from Uganda, a 130-year-old fire screen and a leather kangaroo toy. (S)(R)(AD)

9 PM

9.00 **Murder 24/7** New edition 2/8. The documentary continues to follow the case of suspected killer Samak, as a witness provides evidence that points officers in an entirely new direction. (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM The Hurt Locker** Kathryn Bigelow's Iraq War drama starring Jeremy Renner, Anthony Mackie and Brian Geraghty. A reckless US army bomb-disposal expert puts his colleagues' lives at risk in Baghdad in 2004. With Ralph Fiennes and Guy Pearce. (S)(AD) (2008, 15, 125min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.45 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.50 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Escape to the Country** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Great Japanese Railway Journeys** (S)(R)(AD)
8.30 **Sign Zone: Great Continental Railway Journeys** (S)(R)(AD)
9.00 **BBC News** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Game show. (S)(R)
2.15 **Lightning** Quiz show. (S)(R)
2.45 **LIVE Cricket: The Hundred** Southern Brave Women v Welsh Fire Women: Coverage from Utilita Bowl in Southampton. The Brave finished top of the table last season, but they were beaten in the final by Northern Superchargers. Welsh Fire didn't fare so well last year as they finished bottom of the table. Start-time is at 3.00. (S)

6.00 Cricket: The Hundred

6.00 **LIVE Cricket: The Hundred** Southern Brave Men v Welsh Fire Men: Coverage of the match from Utilita Bowl in Southampton. The hosts missed out on finals day last year after they finished in fourth place with four wins from their eight games. Welsh Fire struggled last season as they ended their campaign bottom of the table after they only picked up two victories from their eight matches. Start-time is at 6.30. (S)

9.30 **Saving Lives at Sea** With Storm Eunice, and its 100mph winds, battering the south coast, the Portsmouth crew have to decide whether they can even launch to a windsurfer in trouble. Once they're on the water, the situation escalates when it's reported that the casualty doesn't have his diabetes medication with him. (S)(R)(AD)
10.30 **Newsnight** (S)

11.00 **Uncanny** 1/3. Supernatural encounters, expert analysis, and investigations. (S)(R)
12.00 M'T **Amityville: An Origin Story** 3/4. The Lutz family turn their story into a book and film. (S)(R)(AD)
12.50 AM 4/4. The haunted house is reinvented by the success of *The Amityville Horror*. (S)(R)(AD)
1.40 **Sign Zone: Do You Know Your Place?** From Enniskillen. (S)(R)
2.10 **Sign Zone: Scamanda** (S)(R)(AD)
2.50 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
1.30 PM **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and the team visit Peterborough, where Fay Rutter inspects a jewellery box, James Layte digs deep for a bargain buy, and Tracey Thackray-Howitt assesses tin-plate toys. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Dennis tries to open 22 red boxes in the right order. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shepherd. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Emmerdale

7.30 **Deal or No Deal: Banker's Best Battles** New edition Stephen Mulhern looks back at Georgia and Matt's *Deal or No Deal* battles against the infamous Banker. (S)

8.00 **Emmerdale** Charity feels thwarted, Cain struggles, and Ross enjoys the attention. (S)(AD)
8.30 **Coronation Street** Maria decides to confront Gary with the photographic proof of his lies. (S)(AD)

9.00 **Who Wants to Be a Millionaire?** Big-prize quiz hosted by Jeremy Clarkson in which another line-up of contestants answer questions that could change their lives. (S)(R)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Twisted Twins** Police officers in Atlanta, Georgia, investigate the brutal murder of Nikki Whitehead in her own home in January 2010 – only to find their investigation leads them to her identical twin daughters Jasmiyah and Tasmiyah. (S)(R)
11.45 **G'wed** 7/7. A pre-GCSE retreat turns dangerous. (S3) (S)(R)(AD)
12.15 AM **Teleshopping**
3.00 **Love & Death** (S1) (S)(SL)(R)(AD)
3.55 **Inside the Langham: Britain's First Grand Hotel** (S)(SL)(R)(AD)
4.20 **Unwind with ITV** (S)
5.35 **to 6.00** AM **Tom Kerridge Cooks Italy** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 8-10/28. (S11) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 7-10/24. (S2) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A holiday home in Granada, Spain. (S)(R)
4.00 **Narrow Escapes** Boater Margaret, who is 83, needs to get to a GP appointment. (S)(R)(AD)
5.00 **Chateau DIY** Christina and Sassan want to transform an old storage room into a library. (S)(R)(AD)
6.00 **Four in a Bed** A visit to the Angove Guest House in Weymouth. (S)(R)
6.30 **Come Dine with Me** Aodhan hosts a horror-themed party on the third night in Belfast. (S)(R)

9.00 The Undeclared War

7.00 **News** (S)

8.00 **Bake Off: The Professionals – The Final** Series finale 10/10. Liam Charles and Ellie Taylor host as the remaining pairs embark on a 12-hour task to prepare a banquet for a masquerade ball in a bid to win the title. (S)(AD)

9.00 **The Undeclared War** New episode 2/6. Vadim realises he must try to escape captivity in Shenzhen, Danny and Roz clash over China, while Charlie is confident he has found the mole. (S2) (S)(AD)
■ Entire series on C4 streaming

10.00 **24 Hours in A&E** A man is brought to Queen's Medical Centre in Nottingham with multiple life-threatening injuries to his head, eye and chest after a 22ft wall collapsed on him. (S)(R)(AD)

11.05 **24 Hours in A&E** (S)(R)(AD)
12.05 AM **Murder Case: The Digital Detectives** (S)(R)(AD)
1.00 **Ramsay's Kitchen Nightmares USA** Catch-up edition. (S)(R)
1.50 **Dover 24/7: Britain's Busiest Port** Documentary. (S)(R)(AD)
2.45 **Grand Designs** (S)(SL)(R)(AD)
3.40 **Britain's Most Expensive Houses**
4.35 **Couples Come Dine with Me** (R)
5.30 **Sunday Brunch** (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 **FILM A Date with Danger** Fact-based thriller with Colton Haynes and Gabrielle Graham. (S) (2022, 12, 100min) ★★
4.00 **Castle** *Clear & Present Danger:* 3/23. A pool hustler is found murdered. (S7) (S)(R)
4.55 **Love Nature** How stars can be seen clearly at Northumberland National Park. (S)(R)
5.00 **News** (S)
6.00 **Jersey and Guernsey** The world's largest wooden sailing ship arrives at St Helier's Port in Jersey. (S)(R)
6.55 **News** (S)

8.00 **Casualty 24/7**

7.00 **Tour de France** Rebecca Charlton presents action from the 17th stage of the Grand Tour race, a 174.7km flat route from Chambery to Voiron. (S)
7.55 **News** (S)

8.00 **Casualty 24/7: Every Second Counts** New edition Brenda is brought to casualty with a swollen knee, and plumber Jake is taken to resus, where it's suspected that he has badly broken his ankle. (S)

9.00 **The Crow Girl** New episode *She Wishes To Believe:* 3/6. Pressure mounts as a third body is dumped outside a school. Jeanette's pursuit of Lowry comes under fire, but the bond with Sophia grows. (S1) (S)(AD)

10.00 **Surgeons: A Matter of Life or Death** Cameras follow life-saving operations at the University Hospitals Birmingham. This edition features Stephen, 53, whose mouth and jaw cancer is a cause for concern. (S)(R)

11.05 **A&E After Dark** Dr Fahri treats an aggressive patient having a mental health episode. (S)(R)
12.05 AM **Skin A&E** (S)(R)(AD)
1.00 **Teleshopping** (S)(R)
2.00 **Casualty 24/7: Every Second Counts** (S)(R)(AD)
3.45 **Friends** (S8) (S)(R)(AD)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S9) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Chasing the Rains** (S)(R)
1.00 PM **Hawaii Five-0** (S6) (S)(R)
3.00 **S.W.A.T.** (S7) (S)(R)(AD)
5.00 **The Simpsons** *The Cad and the Hat:* Bart feels guilty after he betrays Lisa. (S)(R)
5.30 *Dad Behaviour:* Grampa discovers he is about to become a father again. (S)(R)
6.00 **Animal Control** 1/9. Shred wallows over Emily's blossoming relationship with Rick. (R)
6.30 2/9. Emily enlists the team's help in an animal adoption competition. (S2) (R)

8.00 **Whale with Steve Backshall**

7.00 **The Simpsons** *Kamp Krustier:* An incident forces Bart and Lisa to return home early from camp. (S)(R)
7.30 *22 for 30:* In this parody of a sporting documentary, Bart gets involved with the Mafia. (S)(R)

8.00 **Whale with Steve Backshall** 4/4. Steve returns home and travels around the British Isles to follow stories of survival and meet the people striving to give whales and dolphins a safe future. (S)(R)(AD)

9.00 **FILM Skyscraper** Action thriller starring Dwayne Johnson. A security expert must infiltrate a burning skyscraper, 225 storeys above ground, when his family are trapped inside by criminals. With Neve Campbell and Chin Han. (S) (2018, 12, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.00 **Animal Control** (S1) (R)
12.00 M'T **Grimm** 18/22. A man is found dead with all of the bones in his body seemingly liquefied and removed. Meanwhile, Hank is reunited with an old flame. (S5) (S)(R)
1.00 AM **The Force: North East** New homeowners get a shock when they discover a cannabis farm in their loft. (S)(R)
2.00 **Hawaii Five-0** (S6) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm Declaration (S) (R) **11.40 FILM** The Hurt Locker (S)(AD) (2008, 15, 125min) ★★★★★ **1.45-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **9.00** Y Sioe New edition **12.00noon** Newyddion **12.05pm** Y Sioe New edition **2.00** Newyddion **2.05** Y Sioe New edition **5.00** Byd Rwtsh Dai Potsh **5.10** Oi! Osgar **5.20** Prys a'r Pryfed **5.30** Pwysutpam New edition (AD) **5.45** Bwystfil **6.00** Dan Do **6.30** Ralio+ **6.59** Newyddion **7.00** Heno o'r Sioe New edition **7.30** Newyddion a'r Tywydd **8.00** Pawb a'i Farn New edition **8.55** Newyddion a'r Tywydd **9.00** Y Sioe New edition **10.00** Seiclo: Tour de France New edition **10.35** Ty Ffit **11.35pm-12.40am** Y Sioe

TV&Streaming week
More channels than any other TV magazine

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** The team spot a wolverine in Alaska. **7.30** The team visit Arizona.
8.00 **Top Gear** Jeremy Clarkson celebrates the Jaguar E-type.
9.00 **Sin City: The Real Las Vegas** 1/2. Investigative journalist Tir Dhondy reveals the realities behind modern-day Las Vegas. The first edition explores the risk of crime faced by tourists. **9.45** 2/2. Tir goes further into the underbelly of Las Vegas to investigate how the reinvention of the city to pull in a new generation of visitors is affecting locals.
10.30 **Ibiza: Secrets of the Party Island** 1/4. Zara McDermott explores the island's economy. **11.15** 2/4. How social media is changing crime.
12.00 M'T **Ibiza: Secrets of the Party Island** 3&4/4.
1.30 AM **Roman Kemp: The Fight for Young Lives**
2.30 **BBC New Comedy Awards**
3.00 **to 4.00** AM **Top Gear**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Merseyside.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **George Clarke's Old House, New Home** George visits a property in Yorkshire which is part Victorian stone farmhouse and part brick extension, with interiors that are outdated and in need of renovating.
6.55 **Location, Location, Location** The hosts catch up with two couples they helped to buy their shared homes
7.55 **Grand Designs** A couple build a shed-like family home and workspace at an old milk yard in south-east London.
9.00 **My Floating Home** New edition 3/4. Peter and Tracy order a new bespoke boat so that their family and friends can cruise together.
10.00 **24 Hours in Police Custody: Nightclub Predator** 1/2. A rapist who preyed on dozens of women.
11.05 **24 Hours in Police Custody: Nightclub Predator** 2/2. Documentary.
12.10 AM **999: On the Front Line**
1.15 **24 Hours in Police Custody: Nightclub Predator** 1&2/2.
3.25 **to 3.55** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael joins a women's running club for a warm-up session in Glasgow.
7.30 **Walking with Nick Grimshaw** The presenter and DJ walks along the Northumberland coast.
8.00 **The Mary Rose: A Timewatch Guide** 1/3. Historian Dan Snow explores the excavation and raising of the ship.
9.00 **The Magic of Mushrooms** Writer Richard Fortey explores the world of fungi.
10.00 **Play for Today: Edna, the Inebriate Woman** Jeremy Sandford's 1971 drama starring Patricia Hayes.
11.30 **Private Life of a Masterpiece** A look at James McNeill Whistler's *Portrait of the Artist's Mother.*
12.20 AM **The Mary Rose: A Timewatch Guide**
1.20 **The Magic of Mushrooms**
2.20 **Walking with Nick Grimshaw** As 7.30pm.
2.50 **to 3.20** AM **Great British Railway Journeys**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From Essex.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** Comical clips.
11.00 **Below Deck**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
6.30 **Hollyoaks**
7.00 **Hollyoaks** Darren finds out the truth about Cindy's return.
7.30 **The Simpsons** *Puffless:* Marge's sister Patti moves in with Homer and Marge.
8.00 **Below Deck** New edition Chef Anthony stresses over preparing an eight-course meal with an array of dietary requirements, while Jess and Barbara talk about their future away from the yacht.
9.00 **Gogglebox** Opinions on *Dynasties II, Pieces of Her* and *Celebrity Mastermind.*
10.00 **Gogglebox** *Bridgerton* and *Starstruck* are appraised.
11.05 **Naked Attraction**
12.05 AM **First Dates**
1.10 **Below Deck**
2.10 **The Simpsons**
2.35 **Abbott Elementary**
3.00 **The Goldbergs**
4.15 **Brooklyn Nine-Nine**
5.05 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 | 306 | 30 | 123 | 256

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Brit Cops: Frontline Crime UK**
10.00 **Border Security USA**
11.00 **Bull** 8/22. (S6)
12.00 NOON **FBI** 2&3/22. (S1)
2.00 PM **The Rookie** 17/22. A man holds a hospital hostage so his wife can receive surgery. (S4)
3.00 **Law & Order: Criminal Intent** 11/16. A man who had been acquitted of murdering his first wife is killed. (S8)
4.00 **Nothing to Declare**

9.00 **Fire Country**

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 Fire Country New episode *Like a Wounded Wildebeest:* 4/20. The crew members respond to a call for a rescue at a grain silo. (S4)

10 PM
10.00 FBI: International *Money Is Meaningless:* 3/22. An American woman is found brutally murdered in Majorca. (S2)
11.00 **The Rookie** 14/22. (S4)
12.00 M'T **FBI** 21&22/22. (S8)
2.00 AM **NEW SERIES CIA** 1/12. Crime drama starring Tom Ellis and Nick Gehlfuss. (S1)
3.00 **Road Wars**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Deadwood** 7&8/12. (S3)
10.00 **Homicide: Life on the Street**
12.00 NOON **Billions** 11&12/12. (S2)
2.15 PM **The White Lotus** (S2)
4.40 **Gomorrah** 5/10. Ciro goes looking for new allies.
5.45 6/10. Ciro and the others find a safe place hide in Forcella. Subtitled. (S5)
6.50 **The Gilded Age** 4/8. Peggy navigates a tense dinner with Mr Fortune and Booker T Washington in Tuskegee. (S2)

2.15 **The White Lotus**

7.55 The Gilded Age *Close Enough to Touch:* 5/8. Ada questions moving ahead without Agnes's support, while Peggy experiences the dangers of the South. (S2)

9.00 House of the Dragon 5/8. *Game of Thrones* prequel following the story of House Targaryen, starring Matt Smith. (S3)

10.15 The Fear Index 4/4. Dr Hoffman races against the clock to stop what he might have inadvertently started. (S1)
11.15 The White Lotus 6/7. Lucia helps the Di Grassos.
12.25 AM 7/7. Albie asks Dominic for a karmic payment to help Lucia. (S2)
1.55 1/8. Drama. (S3)
3.05 **Billions** 3/12. (S3)
4.10 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.30 **Dress to Impress**
8.30 **Olivia and Alex: Parenthood**
9.30 **The Only Way Is Essex**
10.30 **Real Housewives of Salt...**
11.20 **Real Housewives of Orange...**
12.15 PM **Dinner Date**
1.15 **Supermarket Sweep**
2.15 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** New edition
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

10.35 **Family Guy**

7.00 The Floor USA New edition Contestants test their knowledge of languages, eras, Marvel, classic cars and more.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 Love Island New edition Relationship-based reality show in which singletons seeking a romance compete to find love.

10.05 Love Island: The Debrief New edition Daily *Love Island* reactions.
10.35 Family Guy 6/18. Lois becomes a sex education teacher. (S5)
11.05 **Family Guy** 1/18. (S5)
11.35 **American Dad!** (S16&5)
12.35 AM **Bob's Burgers** (S14)
1.30 **G'wed** 1/6. (S1)
2.00 **Piglets** 5/6. (S2)
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.40 **A Touch of Frost**
11.40 **Heartbeat** Double bill.
1.45 PM **Midsomer Murders** *Send in the Clowns:* Things take a gruesome turn when the circus comes to town.
3.50 **Classic Emmerdale**
4.50 **Classic Coronation Street**
6.00 **Heartbeat** *The Buxton Defence:* The arrival of a Russian chess champion causes a crisis for the constabulary.

11.50 **Trial & Retribution**

7.00 Heartbeat *Still Water:* An investigation into a cattle auctioneer puts Mike and his wife at loggerheads.

8.00 Midsomer Murders *The Animal Within:* Barnaby and Jones investigate the mysterious death of a man who promised his fortune to several retainers and a niece he had never met.

10.00 Grantchester 5/6. Sidney takes Geordie to a jazz club, hoping to leave their worries in Grantchester for the night. (S1)
11.00 Grantchester 6/6. When the hunt for a cop killer puts Geordie's life in danger, the police close ranks, so the vicar embarks on a mission. (S1)
11.50 **Trial & Retribution**
1.55 AM **George and Mildred**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Dempsey and Makepeace**
9.10 **Boon**
10.15 **The Champions**
11.20 **BattleBots**
12.25 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.45 **Boon**
4.50 **The Champions** *Full Circle:* A safe-breaker gains access to a foreign embassy in London, and Craig goes undercover.
5.55 **Minder** *You Lose Some, You Win Some:* A professional gambler enlists Arthur's help.

9.00 **Coogan's Bluff**

7.00 Aussie Pickers Lucas and Adam meet a passionate car collector and a couple who have been collecting since their honeymoon.

8.00 Goodwood Festival of Speed Highlights of the motoring event, featuring Lando Norris, Kimi Antonelli and Damon Hill.

9.00 FILM Coogan's Bluff Thriller starring Clint Eastwood. An Arizona sheriff arrives in New York to bring back an escaped killer being held in custody. With Susan Clark and Lee J Cobb. (1968, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 Wrestling: AEW Collision Hard-hitting action, featuring stars including Thunder Rosa, Jon Moxley and Jay White.
1.00 AM **The Champions**
2.00 **Minder** As 5.55pm.
3.00 **Teleshopping**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 Scotland's Home of the Year A look at contenders from the Highlands and Islands.
8.00 Island Crossings CalMac engineer Fergus Barlow drives in the annual Mull car rally.
9.00 Caroline Walker: Women's Work Documentary following the internationally renowned Scottish artist over four years.
10.00 River City New episode Mulvaney is concerned at the prospect of Harry's imminent arrival.
10.30 Mrs Brown's Boys 3/4. Agnes helps Winnie learn to drive, risking life and limb across Finglas. (S5)
11.00 PM **to 12.00** M'T **David Wilson's Crime Files** Investigating Glasgow's gang culture.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Breeders** 5&6/10. (S4)
10.00 **Upright** 6&6/8. (S2)
11.15 **Will & Grace** (S6)
12.15 PM **The Rehearsal** (S1)
1.35 **Upright** 5&6/8. (S2)
2.45 **Will & Grace** (S5)
3.45 **Hacks** 7&8/9. (S3)
5.00 **Community** (S6)
6.00 **Will & Grace** (S6)
7.00 The Office (US) 22/25. Michael takes the female staff on a special outing.
7.30 23/25. Michael is considered for a new position in the Corporate division. (S3)
8.00 **Breeders** 5&6/10. (S4)
9.00 **Glenn Moore: Will You Still Need Me, Will You Still Feed Me, Glenn I'm Sixty Moore** Stand-up performance from 2022.
10.15 **Hacks** 7&8/9. (S3)
11.30 **Breeders** 5&6/10. (S4)
12.30 AM **Community** (S6)
1.40 **The Rehearsal** (S1)
2.50 **Upright** 3&4/8. (S2)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **André Rieu: Live in Dublin**
7.45 **The Joy of Painting**
8.55 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Classic Movies**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **Discovering**
4.00 **From the Vaults**
5.00 **Portrait Artist 2021**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **The Brontës by Anita Rani: Sisters of Disruption** Documentary.
9.00 **Master Crafters: The Next Generation**
10.00 **God Bless Ozzy Osbourne** Profile.
11.45 **Classic Albums**
1.00 AM **The Warhol Effect**
3.00 **Inside Art: Bristol Street Art at M Shed**
4.00 **The Art of the Garden**
5.00 **to 6.00** AM **Classic Movies**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: Canada's Front Line**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 14/26. (S5)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S1)
7.00 Star Trek: The Next Generation *First Contact:* 15/26. Picard and Troi try to help when Riker is critically injured. (S4)
8.00 **Police 24/7**
9.00 **The Rookie** (S4)
11.00 **Star Trek: Enterprise**
12.00 M'T **Fantasy Island**
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Five friends take part in the quiz.
3.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson gives six new contestants the chance to win a fortune.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **The 1% Club Rollover** The third of five special editions of the quiz hosted by Lee Mack.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 Dover 24/7: Britain's Busiest Port It's one of the busiest days of the year for Dover.
8.00 **The Dog House** Trini from London contends with fluffball Balloo.
9.00 **FILM Wicked Little Letters** Comedy drama starring Olivia Colman and Jessie Buckley. (2023, 15, 100min) ★★★
11.05 **FILM The Menu** Comedy thriller starring Ralph Fiennes and Anya Taylor-Joy. (2022, 15, 107min) ★★★★
1.05 AM **Secrets of the Celebrity Sex Tapes**
2.05 **Gogglebox**
3.05 **Celebrity Gogglebox**
4.05 **to 5.05** AM **Bake Off: The Professionals**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **Warehouse 13** 2&3/13. (S2)
4.00 **Stargate SG-1** 13/22. (S7)
5.00 **Star Trek: Voyager** 7/26. An alien society is woken from a 900-year stasis by the *Voyager* crew. (S6)
6.00 **Star Trek: Enterprise** 4/24. Captain Archer picks up an enigmatic passenger who has strange powers. (S3)

9.00 Resident Alien

7.00 **Stargate Atlantis** *The Ark:* 16/20. A race of people frozen for thousands of years is accidentally awoken by the team. (S3)

8.00 **Stargate SG-1** *Grace:* 13/22. Carter goes on an away mission to retrieve the *Prometheus*. (S7)

9.00 **Resident Alien** *Secrets:* 3/10. Harry races to keep his secret safe, while Asta is forced to face her own past. (S1)

10.00 **Grimm** *Key Move:* 11/22. Nick and Monroe move in on the source of a long-gestating mystery. (S5)

11.00 **The Walking Dead** 1/16. Rick's survivors face oppression at the hands of Negan, who wastes no time in cementing his rule by making a deadly example. (S7)
12.00 M'T **Resident Alien** (S1)
1.00 AM **Warehouse 13** (S2)
3.00 **The Walking Dead** (S7)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S6)
9.00 **Shakespeare & Hathaway: Private Investigators** (S1)
10.00 **The Mentalist** 4/22. (S5)
11.00 **Hudson & Rex** 1/16. (S6)
12.00 NOON **Unforgettable** (S4)
1.00 PM **Death in Paradise** (S11)
2.00 **Murdoch Mysteries** (S6)
4.00 **The Mentalist** 4/22. (S5)
5.00 **Hudson & Rex** 1/16. (S6)
6.00 **Shakespeare & Hathaway: Private Investigators** 8/10. Frank and Lu try to protect a teenager suffering from premonitions of murder. (S1)

5.00 Hudson & Rex

7.00 **Private Eyes** *I Do, I Do:* 8/10. Matt's ex-wife comes for a surprise visit after Jules invites her to stay with them. (S1)

8.00 **Death in Paradise** *Last Call to Honore:* 1/9. A seemingly simple kidnapping ends in murder. (S11)

9.00 **Death in Paradise** *Your Number's Up:* 2/8. A game of bingo at a care home ends in murder. Guest stars Hayley Mills. (S13)

10.00 **Father Brown** *The Company of Men:* Lady Felicia's impromptu visit coincides with Father Brown helping out a friend at a gentlemen's club.

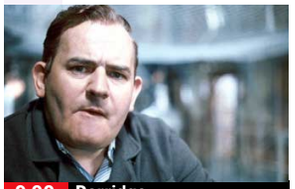
11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Father Brown** *The Missing Man.* The priest looks into an apparent suicide.
1.00 AM **Death in Paradise** (S8)
2.00 **Murdoch Mysteries** 5/13. (S6)
2.55 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.00 **The Green Green Grass**
9.40 **Are You Being Served?**
10.20 **Last of the Summer Wine**
11.40 **Ever Decreasing Circles**
12.20 PM **Only Fools and Horses**
1.00 **Keeping Up Appearances**
1.40 **Dad's Army**
2.20 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Ever Decreasing Circles**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**



9.00 Porridge

7.00 **Only Fools and Horses** Del gets his hands on a statue of a Hindu god.
7.35 **Dad's Army** Captain Mainwaring initiates a recruitment campaign.
8.20 **Are You Being Served?** Mr Grainger is given a temporary promotion – and fires Mrs Slocombe.

9.00 **Porridge** The inmates discover there is a thief at large in the prison.
9.40 **The Office** The Swindon merger has finally gone through and the new staff members arrive in Slough.
10.20 **Not Going Out** A young woman claims that Lee may be her father.

11.00 **Mrs Brown's Boys** Agnes tries to solve Dermot's problems.
11.40 **Colin's Sandwich**
12.20 AM **Porridge**
1.00 **The Office**
1.40 **Mrs Brown's Boys**
2.30 **Not Going Out**
3.00 **to 4.00** AM **Colin's Sandwich**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Far Eastern Odyssey** Double bill.
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Robson Green: World's Most Amazing Walks** Normandy.
4.00 **The Hairy Bikers: Mums Know Best** Birthday treats.
5.00 **Rick Stein's Far Eastern Odyssey** Exploring Penang.
6.00 From Sri Lanka and Bali.

11.00 Taskmaster

7.00 **Mortimer & Whitehouse: Gone Fishing** The duo return to the Peak District.
7.40 **Would I Lie to You?** With Hugh Dennis, Ben Fogle, Kate Silverton and Craig Revel Horwood.
8.20 With John Bishop, Chris Addison, Joanna Page and Patsy Palmer.

9.00 **QI XL** Guests Isy Suttie, Tim Minchin and Bill Bailey join regular panellist Alan Davies and host Stephen Fry.

10.00 **Have I Got a Bit More News for You** Rhod Gilbert hosts the satirical quiz, with guests Tom Allen and Emma Barnett.

11.00 **Taskmaster** The comedians must build an egg tower and make a video 'blooper'.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Sarah Millican, Ross Noble and Colin Lane.
3.00 **to 4.00** AM **Taskmaster**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.25 **Classic Holby City**
10.40 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Neighbours**
3.00 **Pie in the Sky**
4.00 **Lovejoy**
5.15 **Waiting for God**
6.00 **Last of the Summer Wine** A worldly wise acquaintance of Alvin catches Howard's eye.
6.40 Barry tries to help his lonely neighbour find love.

8.00 Sister Boniface Mysteries

7.20 **Last of the Summer Wine** Howard discovers the pitfalls of using a mobile phone while animal-watching.

8.00 **Sister Boniface Mysteries** *A Tight Squeeze:* 6/12. A murder occurs during the making of a bawdy film. (S2)

9.00 **The Chelsea Detective** *Golden Years – Part Two:* 4/9. Jess secretly arranges to go undercover on a date with Freddie. (S2)

10.00 **New Tricks** *Painting on Loan:* A painting in the Queen's private collection is found to be a fake, and Standing has to sell his car to buy his pregnant daughter a pushchair.

11.20 **Silent Witness** *Life Licence:* An ex-convict is found murdered in his home.
1.40 AM **Lovejoy**
2.40 **Waiting for God**
3.10 **to 4.00** AM **Darby and Joan**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 13-15/22. (S20)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Strange Invaders:* 6/10. A pilot's body draws the agents down the rabbit hole.
7.00 *A Thousand Yards:* 7/10. The NCIS agents come under attack by a past enemy.
8.00 *Heartless:* 8/10. The team investigate the abduction and murder of a heart surgeon. (S21)
9.00 **Jesse Stone: No Remorse** Detective thriller starring Tom Selleck and Kathy Baker. The chief of police has been suspended from the force, but returns to duty to investigate a some murders in Boston.
10.50 **Law & Order: Special Victims Unit** (S14&13)
2.45 AM **Law & Order: Special Victims Unit**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **Casualty 24/7: Every Second Counts**
8.00 **GPs: Behind Closed Doors** Medical series.
9.00 **Ambulance: Code Red** A woman suffers from cardiac arrest while driving her car.
10.00 Paramedics rush to help a 67-year-old HGV driver who has suffered a cardiac arrest.
11.00 **Skin A&E**
12.00 M'T **Killer at the Crime Scene** The murder of Mohammed Saleem.
1.00 AM **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
10.00 **Police Interceptors**
11.00 **Gunsmoke** (S12)
12.05 PM **FILM Red Mountain** Western with Alan Ladd. (1951, PG, 84min) ★★
1.55 **FILM Chuka** Western. (1967, PG, 105min) ★★
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors** The team spring a trap on suspected drug dealers.
7.00 A have-a-go hero helps to tackle a runaway drug driver.
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Police: Night Shift 999**
11.00 **The X-Files** 2/20. (S5)
12.00 M'T **Shoplifters: Caught Red Handed**
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Brother Vs. Brother**
5.55 **DIY SOS: The Big Build** The team transform the home of a former fireman in Shropshire.
7.00 The team help a young disabled athlete in Cheltenham.
8.00 **999 Rescue Squad** HART staff must treat one of their own after a freak accident.
9.00 **Signora Volpe** *An Anxious Aunt:* 1/3. A disillusioned British spy-turned-detective starts a new life in Italy. (S1)
11.00 **Untold: The Disappearance of Shannon Matthews**
12.00 M'T **Small Town Secrets**
1.00 **to 3.00** AM **Hashtag Murder**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering**
8.00 **Bangers & Cash**
10.00 **Secret Nazi Bases**
11.00 **World War Two from Above** Documentary.
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Secret Nazi Bases**
5.00 **World War Two from Above** Documentary.
6.00 **Antiques Roadshow**
7.00 **Planet Earth III** The ways in which wild animals have adapted to survive in human population centres.
8.00 **Explore**
9.00 **Simon Reeve's South America**
10.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Great British Railway Journeys**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Portugal.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters: The Restorers**
10.00 **Salvage Hunters**
12.00 NOON **Celebrity Yorkshire Auction House** Double bill.
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** An unopened bottle of 1940s whisky.
8.00 **Antiques Road Trip**
9.00 **Long Lost Family**
10.00 **Who Do You Think You Are?** Jessica Ennis-Hill.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **Salvage Hunters: The Restorers**
5.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

WEDNESDAY Entertainment

Wednesday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S4)
9.00 **Doctor Finlay** 3/7. (S3)
10.00 **Hamish Macbeth** (S2)
11.00 **Little House on the Prairie** 15&16/25. (S1)
1.00 PM **The Waltons** (S5)
4.00 **Little House on the Prairie** 15&16/25. (S1)
6.00 **Hamish Macbeth** (S2)
7.00 **M*A*S*H** 15/25. A newborn baby is abandoned at the camp. **7.30** 16/25. Hawkeye goes on the wagon. **8.00** 17/25. Charles catches mumps. **8.30** 18/25. Hawkeye takes command. (S8)
9.00 **Agatha Christie's And Then There Were None** Mystery thriller starring Oliver Reed.
11.15 **The Ruth Rendell Mysteries** Drama.
12.25 AM **M*A*S*H** (S8)
2.25 **Rising Damp** 3/6. (S4)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM **The High Chaparral**
10.10 **Wanted: Dead or Alive**
10.40 **FILM Angel and the Badman** Offbeat John Wayne Western. (1947, b/w, U, 100min) ★★★
1.00 PM **The Unit** 3/13. (S1)
2.00 **Burn Notice** (S1)
4.00 **FILM Eye for an Eye** Thriller with John Travolta and Morgan Freeman. (2019, 15, 98min) ★
6.00 **The Unit** 3/13. (S1)
7.00 **Burn Notice** (S1)
9.00 **FILM Maximum Conviction** Thriller starring Steven Seagal. (2012, 15, 93min) ★★
11.10 **FILM The Trust** Comedy thriller starring Nicolas Cage and Elijah Wood. (2016, 15, 90min) ★★★
1.10 AM **Dragon Ball Super**
2.10 **Coast Guard Alaska**
3.10 **FILM Super Collider** Action thriller. (2013, PG, 90min) ★★
4.45 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **FILM Garage Sale Mysteries: A Case of Murder** Crime thriller. (2017, PG, 90min) ★★
10.05 **FILM Murder, She Baked: Just Desserts** Drama. (2017, PG) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S3)
2.00 **Castle** 6/23. (S4)
3.00 **Diagnosis Murder** (S4)
5.00 **Murder, She Wrote**
7.00 **Castle** 7/23. (S4)
8.00 **Unforgettable** (S3)
9.00 **In Plain Sight** (S3)
10.00 **FILM Family History Mysteries: Buried Past** Drama starring Janel Parrish and Niall Matter. (2023, PG, 84min) ★★
11.55 **Lost Letter Mysteries: Family Reunited**
1.50 AM **FILM Witness Unprotected** Thriller. (2018, 12, 90min) ★★
3.25 **to 5.00** AM **FILM Girlfriend Killer** Thriller. (2017, 12, 90min) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.00 AM **FILM Baking Up Love** (2021, PG) ★★
10.15 **FILM One Summer** Drama. (2021, PG) ★★
12.10 PM **FILM Sweet Home Carolina** Drama. (2017, PG, 84min) ★★
2.00 **FILM Love at the Ranch** Romantic drama. (2020, PG, 89min) ★★
4.00 **FILM Summer in the Vineyard** Drama. (2017, 82min) ★★
5.50 **FILM The Presence of Love** Romantic drama. (2022, PG, 84min) ★★
7.45 **FILM The Boyfriend Trap** Romantic comedy. (2022, PG, 90min) ★★
9.45 **FILM Law of Attraction** Romantic comedy. (2020, PG, 84min) ★★
11.45 **FILM Baked with a Kiss** Romantic comedy. (2022, PG, 95min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love at the Ranch** (2020)

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue Revisited** As 8.00pm.
12.00 NOON **Love Your Garden** In Somerset.
1.00 PM **Celebrity Coach Trip**
2.00 **The Antiques Yard**
3.00 **Garden Rescue Revisited** As 8.00pm.
4.00 **Robson Green's Weekend Escapes**
4.45 **Edwardian Farm**
6.00 **Celebrity Coach Trip**
7.00 **Love Your Garden**
8.00 **Garden Rescue Revisited** In Fareham, Leicester and Shefford.
9.00 **The Antiques Yard**
10.00 **FILM Coffy** Thriller starring Pam Grier. (1973, 18, 91min) ★★
12.00 M'T **FILM Come Play with Me** Comedy starring Pat Ashley. (1977, 18, 90min) ★
2.00 AM **The Antiques Yard**
3.00 **Edwardian Farm**
4.15 **to 5.00** AM **Robson Green's Weekend Escapes**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge**
10.30 **Bottle Boys** (S1)
11.00 **The Fenn Street Gang**
11.30 **Hallelujah** 5/7. (S1)
12.00 NOON **Man in a Suitcase**
1.00 PM **Agony** 5/7. (S2)
1.30 **The Gaffer** 7/7. (S3)
2.00 **Second Thoughts** (S2)
2.30 **The Fenn Street Gang**
3.00 **Hallelujah** 5/7. (S1)
3.30 **Boon** 6/13. (S5)
4.30 **Old Country** (S1)
5.00 **Stereo Underground**
6.00 **The Gaffer** 7/7. (S3)
6.30 **Danger Man** (S1)
7.00 **Bottle Boys** (S1)
7.30 **Doctor in Charge**
8.00 **Man in a Suitcase** (S1)
9.00 **Drop the Dead Donkey**
10.00 **FILM Leprechaun** Thriller. (1993, 15, 86min) ★
11.55 **FILM Death Screams** Horror. (1982, 18) ★★
1.45 AM **Stereo Underground**
2.40 **Rewind Time Machine**
2.45 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **The Alaska Triangle** Documentary.
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters**
9.00 **Tiny House, Big Living** New editions A New York couple design a unique tiny home. **9.30** A couple from California want to build a container home. **10.00** A couple build a luxurious tiny house. **10.30** A tiny house with a hidden staircase and space for guests.
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **James Martin's Spanish Adventure**
7.00 **Hairy Bikers' Mississippi Adventure**
8.00 **Prue Leith's Cotswold Kitchen** As 5.00pm.
9.00 **Jamie Cooks Italy**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin: Sweet** Four editions.
3.00 **Hairy Bikers' Mississippi Adventure**
4.00 **Nigella Bites**
5.00 **Prue Leith's Cotswold Kitchen** With TV presenter Laura Jackson.
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Sophie Grigson: Slice of Italy** Double bill.
10.00 **Jamie's 5 Ingredient Mediterranean Meals**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 21/28. (S1)
9.00 **T.J. Hooker** 16/19. (S5)
10.00 **Babylon 5** 9/22. (S2)
11.00 **FILM Warbirds** Drama. (2008, 15, 87min) ★★
1.00 PM **FILM The Professionals** Western with Lee Marvin. (1966, PG, 117min) ★★★★
3.15 **FILM Arizona Bushwhackers** Western with Howard Keel. (1968, PG, 87min) ★★★
5.00 **Star Trek** 23/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 10/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM In Time** Thriller. (2011, 12, 105min) ★★★
11.15 **FILM Revenge** Thriller with Matilda Lutz. (2017, 18, 108min) ★★★★
1.25 AM **FILM American Siege** Crime thriller. (2021, 15, 91min) ★★
3.15 **to 5.00** AM **FILM Brake** Suspense thriller. (2012, 15, 87min) ★★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Gambler Returns: The Luck of the Draw** Western.
11.00 **Andromeda** 2/22. (S4)
12.00 NOON **FILM Weather Wars** Sci-fi thriller. (2011, 15, 82min) ★★
2.00 PM **FILM Super Cyclone** Disaster movie. (2012, 12, 90min) ★
4.00 **Walker, Texas Ranger**
5.00 **FILM Charro!** Western starring Elvis Presley. (1969, U, 98min) ★
7.00 **Andromeda** 3/22. (S4)
8.00 **The A-Team** 20/23. (S2)
9.00 **FILM Drop Zone** Action thriller starring Wesley Snipes and Gary Busey. (1994, 15, 102min) ★★
11.05 **FILM How I Spent My Summer Vacation** Crime thriller starring Mel Gibson. (2012, 15, 92min) ★★★★
1.05 AM **FILM Drop Zone**
3.05 **FILM Charro!** (1969)
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** In Cumbria.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Container Wars**
9.20 **Canadian Pickers**
1.05 PM **Pawn Stars**
2.05 **Money for Nothing**
3.05 **Container Wars**
4.05 **Ancient Aliens**
5.00 **Alien Files Reopened**
6.00 **Storage Wars**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **Weird Britain** New edition Legends of a saint and a mighty ogre in Wales.
10.00 **Britain's X Files**
11.00 **Secrets in the Dark**
12.00 M'T **Mysteries from Above** Documentary.
1.00 AM **Alien Files Reopened**
2.00 **Cops Uncensored**
3.00 **Container Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** Zambia.
12.00 NOON **All Creatures Great and Small** (S3)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Secret Life of the Forest**
6.00 **Sunken Warships: Secrets from the Deep**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **The Madame Blanc Mysteries** *The Blueprint:* 4/6. A couple believe they possess valuable blueprints. Guest stars Paul Elliott, better known as Paul Chuckle. (S4)
10.00 **Keeping Faith** 2/6. The lawyer is set on a collision course with Tom as she takes on Madlen's case. (S2)
11.05 **Prisoner: Cell Block H**
1.05 AM **Murder, She Wrote**
3.10 **to 4.00** AM **Secret Life of the Forest**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable** Quiz.
1.00 PM **Family Fortunes**
2.00 **Bridge of Lies** Quiz.
3.00 **The Chase** Quiz show.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** Guests Perry Fenwick, Jenny Eclair, Ore Oduba and Richard Madeley take part.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** With guests Sally Lindsay, Jenny Frost, Shaun Williamson and Barry McGuigan.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
2.00 **The Celebrity Chase**
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.00** 5/17. Leonard fears he is wasting his time with Penny. **8.30** 6/17. Penny hosts a Halloween party. (S1)
9.00 **NEW SERIES One Day in My Body** The lives of people living with rare medical conditions. **10.00** New edition Tiffany has progeria, a condition that causes her to age rapidly.
11.00 **Unacceptable**
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Friends** (S9&10)
9.00 **Everybody Loves Raymond** (S3)
11.00 **The Upper Hand** (S3)
1.00 PM **Friends** (S6&7)
7.00 **Friends** 3/24. Chandler plays racquetball with Monica's father. **7.30** 4/24. Rachel wrestles with a dilemma. **8.00** 5/24. Joey takes Tag out on the town. **8.30** 6/24. Monica struggles to choose a maid of honour. (S7)
9.00 **Michael McIntyre's Big Show** Featuring Bradley Walsh, Katherine Ryan and Beverley Knight.
10.00 **8 Out of 10 Cats**
11.40 **Whose Line Is It Anyway? USA**
12.40 AM **South Park** (S6)
3.05 **Michael McIntyre's Big Show** As 9.00pm.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S3)
6.50 **Rosie Jones Tries to Help** With Desiree Burch.
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** Variety show.
11.00 **Friends** 12-15/25. (S3)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S3)
7.00 **Michael McIntyre's Big Show** With Niall Horan.
8.00 **The Upper Hand** (S3)
9.00 **Friends** (S9&10)
10.00 **South Park** (S17&11)
1.00 AM **Mike Judge's Beavis and Butt-Head**
2.00 **Michael McIntyre's...**
3.00 **Most Ridiculous**
3.45 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Highlights**
10.10 **Bread** 7/14. (S6)
10.45 **Steptoe and Son** (S8)
11.25 **Oh, Doctor Beeching!**
12.00 NOON **Rising Damp**
12.30 PM **Man About the...**
1.00 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 13/15. Sitcom. (S3)
2.45 **Minder** 8/13. (S3)
3.50 **Just Good Friends** (S3)
4.25 **Man About the House**
4.55 **Bread** 7/14. (S6)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Rising Damp** 4/6. (S4)
6.40 **Steptoe and Son** (S1)
7.20 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 5/10. (S10)
9.00 **Benidorm** 5/7. (S6)
10.00 **Shameless** 5/16. (S5)
11.00 **Man About the House**
11.30 **Mind Your Language**
12.00 M'T **Benidorm** 5/7. (S6)
1.00 AM **Minder** 1/11. (S4)
2.05 **Duty Free** 7/7. (S2)
2.30 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids Go Skint**
8.00 **Judge Judy** Real-life small-claims cases.
9.00 **Skin A&E** An operation to remove a facial cyst.
10.00 **Tattoo Fixers** A cartoon tattoo is threatening to derail wedding plans.
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Lolo Wood take part in the most 'painful dance lessons'.
12.30 AM **Ridiculousness**
1.00 **Ink Master: Revenge**
2.45 **True Life Crime UK**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

22 July **Wednesday**

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush**
11.00 **Building Alaska**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.00** Creating aluminium cans and bronze sculptures. **4.30** Artificial limbs, peanut butter and light bulbs.
5.00 **Alaska: Homestead Rescue** Misty and Matt find themselves alone on a critical rescue.

10.00 Mighty Truckers

7.00 Shorty's Dream Shop The family change the colour from red to arctic blue with a silver teardrop on the Corvette.

8.00 Shorty's Dream Shop Shorty's is a Chevy shop, but this week, a Ford collector convinces them to take on his Torino GT.

9.00 Wheeler Dealers Mike Brewer and Marc 'Elvis' Priestley tackle a classic Toyota Landcruiser imported from Japan.

10.00 Mighty Truckers New edition Documentary exploring the challenges of being a truck driver.

11.00 **Deadliest Catch** Life aboard ship in the Alaskan fleet, following the crewmen as they risk harsh conditions.
1.00 AM **Wheeler Dealers**
2.00 **Mighty Truckers** As 10.00pm.
3.00 **Edge of Alaska**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Project Grizzly**
10.00 **Tanked** Documentary.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell**
5.00 **Lone Star Law** Wardens arrest a man who has confessed to poaching a deer.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff looks back at the most special and inspiring cases he has taken on throughout his 30-year career.

7.00 Treehouse Masters

7.00 Treehouse Masters Pete Nelson builds an all-star speakeasy for basketball legend Shaquille O'Neal.

8.00 Preposterous Pets A so-called 'lion whisperer' talks about his big cats, and a Texan cowboy lets buffalo roam.

9.00 Alaska: The Last Frontier Grammy award-winner Jewel flies in with her son to visit Atz Sr on the Yuletide.

10.00 Alaskan Bush People: Bushcraft Chronicles The Browns explain how they have dealt with medical problems.

11.00 **The Haunted** A family whose appeal for help with strange paranormal events in their home was dismissed.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Guardians of the Glades**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Hidden Beneath the Cities**
11.00 **Car S.O.S** A Triumph TR7.
12.00 NOON **Inside Airport Lost & Found** A dog toy.
1.00 PM **Air Crash Investigation**
2.00 **Hitler's Last Stand**
4.00 **Colosseum: Rise and Fall**
5.00 **Pacific War Megawrecks: Drain the Oceans** Wrecks from World War Two at the bottom of the Pacific Ocean.
6.00 **World War II: The Apocalypse** Slave labour in Nazi-occupied France.

7.00 Air Crash Investigation

7.00 Air Crash Investigation A plane crashes within a mile of the airport where it was attempting to make an emergency landing.

8.00 Bloody Tales of the Tower Investigating the fates of three people imprisoned in the Tower of London for treason.

9.00 Bloody Tales of the Tower Why it took executioner John Ketch five blows to decapitate the Duke of Monmouth.

10.00 Bloody Tales of the Tower Analysing the deaths of Anne Boleyn, Catherine Howard and Lady Arabella Stuart.

11.00 **Air Crash Investigation** Two planes collide while flying over southern Germany.
12.00 M'T **Border Protection Spain**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **Lords of War**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Documentary.
6.30 **Hazardous History with Henry Winkler** Triple bill.
9.15 **Pawn Stars**
10.10 **Storage Wars** Triple bill.
1.00 PM **Kursk: 10 Days That Shaped Putin** Documentary.
2.00 **Mysteries Unearthed with Danny Trejo**
3.00 **Storage Hunters** Six editions.
6.00 **History's Greatest Picks with Mike Wolfe** A mobster's Medal of Freedom and a missing getaway car.

9.00 History's Greatest Warriors

7.00 Forged in Fire Four smiths are challenged with forging a canister Damascus knife using steel wool and 1095 powder.

8.00 Storage Wars New edition Kenny is ready to embrace the spirit of Halloween by showcasing his dark side.

9.00 History's Greatest Warriors New edition A look at the Spartan – one of the most powerful soldiers in the world.

10.00 Mysteries Unearthed with Danny Trejo New edition Revisiting some of the most valuable discoveries.

11.00 **Airport Security: USA** The work of law enforcement and customs officers at US airports.
12.00 M'T **Storage Hunters**
1.50 AM **Storage Wars**
2.50 **History's Greatest Warriors**
3.40 **Mysteries Unearthed with Danny Trejo** As 10.00pm.
4.25 **Storage Hunters**
5.10 **to 6.00** AM **History's Greatest Picks with Mike Wolfe**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Nineties**
7.00 **Discovering: Harvey Keitel**
8.00 **The Directors**
9.00 **Vegas: The Story of Sin City**
10.00 **The Alien Autopsy Scandal**
11.00 **History of the Sitcom**
12.00 NOON **Paul Simon: In Restless Dreams**
2.10 PM **OJ: Made in America**
4.00 **The Directors**
5.00 **Discovering: Harvey Keitel**
6.00 **Vegas: The Story of Sin City** 3/4. A look at how Las Vegas became farther removed from national attitudes.

9.00 Katie Price: Nothing to Hide

7.00 I Am Patrick Swayze A tribute to the American actor, known for his roles in hits like *Dirty Dancing*, *Ghost* and *The Outsiders*. With contributions by Rob Lowe and Demi Moore.

8.50 My Icon: Leon Pryce The former Bradford Bulls star discusses his inspirations.

9.00 Katie Price: Nothing to Hide New edition 3/4. As Katie and Peter Andre become a celebrity power couple, a carefully planned rebrand kills off Jordan.

10.10 Nothing Compares Documentary telling the story of Sinéad O'Connor's rise to fame.

12.10 AM **OJ: Made in America** 3/5. The police discover the bodies at the condo on Bundy Drive, and the trial of OJ Simpson for the murders of Nicole Brown Simpson and Ronald Goldman gets under way.
2.00 **The Nazi Cartel** 1-3/3. Triple bill of the documentary.
5.00 **to 6.00** AM **Discovering: Harvey Keitel**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Gem Hunters Down Under** Double bill.
1.00 PM **Ant Anstead: Born Mechanic** A TVR Taimar.
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** Childhood toys.
9.00 **Angus Ashworth: Yorkshire Heritage Hero** Angus stumbles upon a treasure trove of wartime relics.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Married to Evil**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Helen Bailey.
4.00 **American Monster**
6.00 **Evil Lives Here**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Hunt for the Missing: Chicago** New edition When Erica Thompson vanishes, police find her phone in another state.
10.00 **Forensic Factor: A New Era** Jamie Haggard.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** A look into the story of Elliot Turner.
8.00 **UK Crime Files: Anagram Serial Killer**
9.00 **UK Crime Files: Brides in the Bath Murders** The story of George Smith, who married women, drowned them and stole their money.
10.00 **Bloodline Detectives** New edition The story of how DNA solved a string of home invasions.
11.00 **Secrets of a Murder Detective** Kevin Cobb.
12.00 M'T **UK Crime Files: Anagram Serial Killer**
1.00 AM **UK Crime Files: Brides in the Bath Murders** Documentary.
2.00 **Bloodline Detectives**
3.00 **Murder UK**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files**
10.45 **Teleshopping**
11.00 **Secrets of a Murder Detective** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Brighton Trunk Murders**
3.00 **UK Crime Files: Murder of a Lonely Hearted Wife** Documentary.
4.00 **Secrets of a Murder Detective** The 2016 murder of Yang Liu.
5.00 **Medical Detectives** The wife of a Marine is charged with murder. **5.30** An 18-year-old girl is abducted. **6.00** A kidnapping ring run by Russian immigrants is exposed. **6.30** A case in which a woman was shot dead.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Patrol**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Killer in My Village** True-crime.
1.00 PM **Murdered at First Sight** Documentary.
2.00 **World's Most Evil Killers**
3.00 **Catching the Killer**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Murdered at First Sight**
10.00 **Murder Uncut**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil Killers** Randy Kraft.
1.00 AM **Catching the Killer**
2.00 **The Real CSI: Miami**
3.00 **Send in the Dogs**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **America the...**
8.35 **Treasures Decoded**
9.40 **A Nation Denied...**
10.40 **Titans of the Cold War**
11.55 **The War** As 9.50pm.
1.00 PM **America the...**
1.35 **Treasures Decoded**
2.35 **A Nation Denied: Ukraine's Battle for History** Documentary.
3.35 **Dying Democracies – Europe in Decline**
4.35 **Titans of the Cold War**
5.35 **The War**
6.40 **Treasures Decoded**
7.40 **A Nation Denied: Ukraine's Battle for History** Documentary.
8.50 **Titans of the Cold War**
9.50 **The War** The Allies discover the Nazi concentration camps.
10.55 **A Nation Denied: Ukraine's Battle for History** Documentary.
12.00 M'T **Titans of the Cold War** Documentary.
1.05 **to 2.00** AM **America the Bountiful**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

WEDNESDAY

Wednesday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Great Blue Wild**
10.00 **New Kids in the Wild**
11.00 **Shark with Steve Backshall**
12.00 NOON **Africa's Claws and Jaws**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Great Blue Wild**
4.00 **New Kids in the Wild**
5.00 **Shark with Steve Backshall**
6.00 **Africa's Claws and Jaws**
7.00 **Monkey Life** Double bill.
8.00 **Deep Dive Australia** Lizzie Daly explores the cool southern-coast waters.
9.00 **Tales from Zambia** The importance of Zambia's trees to its ecosystem.
10.00 **Africa's Claws and Jaws**
11.00 **Shark with Steve Backshall**
12.00 M'T **Land of Primates**
1.00 AM **Ol Pejeta Diaries**
2.00 **Deep Dive Australia**
3.00 **Tales from Zambia**
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Great Blue Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Combat Trains**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens**
1.00 PM **Ancient Aliens**
6.00 **Mysteries from Above**
7.00 **UFO Encounters UK** 2/2. Adam, Gwen and Julie recall personal encounters with UFOs.
8.00 **Battle 360** The naval attack on the Solomon Islands, which was the first American invasion of World War Two, is reconstructed.
9.00 **Hazardous History with Henry Winkler** The actor examines bone-crushing football and deadly baseball games from an age when a lack of rules made extreme sports truly dangerous.
10.00 **Rome: Rise and Fall of an Empire** The victory won by Germanic chieftain Arminius.
11.00 **Ancient Aliens**
1.00 AM **UFO Encounters UK**
2.00 **Ancient Aliens**
5.00 **to 6.00** AM **Crimes That Shook Britain**

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
10.00 **Alien Highway**
11.00 **Richard Hammond's Big**
1.00 PM **Secrets Underground**
3.00 **How the Universe Works**
6.00 **How It's Made**
9.00 **In Search of Monsters** Experts discuss theories related to the world's most famous cryptid, Bigfoot. Recently uncovered evidence unveils a creature far fiercer than previously believed. **10.00** Experts explore a new theory surrounding Scotland's Loch Ness Monster. The creature may not only be real, but possibly more dangerous than ever imagined.
11.00 **The Alaska Triangle** Experts examine the possibility of an interdimensional portal in the Alaska Triangle. **12.00** M'T Investigating a string of disappearances and mutilations in Alaska.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Richard Hammond's Big**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Murdertown**
2.00 PM **Green Eyed Killers**
3.00 **The Real Murders of Atlanta**
6.00 **On the Case with Paula Zahn**
7.00 **The First 48** A car park drug deal turns into a shootout.
8.00 **Green Eyed Killers** The murder of Tomas De La Riva.
9.00 **Manifesto of a Serial Killer** A manhunt ensues when Leonard Lake's accomplice, Charles Ng, flees the country.
10.00 **City Confidential** Family, friends and the FBI step in to help when a couple go missing.
11.00 **Look What You Made Me Do**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Atlanta** Documentary.
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Europe's New Wild**
11.00 **Alaska Animal Rescue**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Heartland Docs**
2.00 **Europe's New Wild**
3.00 **World's Weirdest**
4.00 **Secrets of the Zoo**
5.00 **Yukon Vet**
7.00 **Dragons Uncovered** The secrets of the Komodo Dragon.
8.00 **Komodo Dragons** Footage of the large reptiles, examining their mating rituals, their struggle to find food and water during Indonesia's dry season, and the animals that they prey on.
9.00 **Cave Crocs of Gabon** The discovery of a community of dwarf crocodiles living in Gabon.
10.00 **Lawless Island**
11.00 **Ultimate Airport Dubai**
12.00 M'T **World's Deadliest**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Alaska Animal Rescue**

Discovery History

161/172 147 181

7.00 AM **Expedition Unknown: Hunt for Extraterrestrials**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** An invisible scaffold of dark matter known as the Cosmic Web.
8.00 **Expedition Unknown: Hunt for Extraterrestrials** Josh Gates interviews witnesses to a UFO sighting in Zimbabwe.
9.00 **Ancient Unexplained Files** The origins of two mysterious Egyptian mummies.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Joanna Lumley's Silk Road Adventure**
10.00 **Joanna & Jennifer: Absolutely Champers**
11.00 **David Jason's Secret Service**
1.00 PM **Joanna Lumley's Silk Road Adventure**
2.00 **Joanna & Jennifer: Absolutely Champers**
3.00 **David Jason's Secret Service**
5.00 **Bangers & Cash: Restoring Classics** Derek encourages the team to buy a Francis Barnett Plover at auction. **6.00** Derek thinks a Ford Capri with 29,000 miles on the clock should be kept original. **7.00** Derek picks out a solid-looking 1969 MGB for the team to look out for at auction. **8.00** Dave alerts the team to a 1979 Lotus Esprit S3. **9.00** The team take on the restoration of an Austin Montego.
10.00 **Bangers & Cash: Restoring Classics** Eight editions.
5.30 **to 6.00** AM **Great British Railway Journeys**

+1hour 266 376

ID

154 140 166

8.00 AM **Forbidden: Dying for Love**
12.00 NOON **Betrayed**
1.00 PM **American Monster**
3.00 **Breaking Homicide**
7.00 **Calls from the Inside** A Florida man's wife goes missing, but a grainy videotape may reveal her grisly fate. The killer's jailhouse phone calls threaten to widen the circle of fatalities. **8.00** A man's first wife died in an apparent burglary and years later, his second wife is killed. Police must determine if it's just a terrible coincidence.
9.00 **Body Cam** A home invasion call that escalated into something far more terrifying.
10.00 **Feds** New edition When a seaside jewellery store in Panama City Beach is burgled, the FBI encounter a glamorous but dangerous criminal.
11.00 **Murder Comes to Town**
1.00 AM **Undercover Underage**
2.00 **Breaking Homicide**
4.00 **to 6.00** AM **Calls from the Inside**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Big**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Bad Chad Customs**
2.00 **Ant Anstead: Born Mechanic**
3.00 **G.A.S. Extreme Customs**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Faster with Finnegan**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Faster with Finnegan** Mike and his friends recycle a supercharger from a wrecked T-Bird and add it onto a 1978 Ford Fairmont.
9.00 **Outback Truckers** A 30-truck convoy delivers supplies to drought-stricken King Island.
10.00 **G.A.S. Extreme Customs**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Faster with Finnegan**
1.00 AM **Richard Hammond's Big**
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Grand Prix of Europe** Animation. (2025, U, 98min)
7.45 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
9.25 **Wicked: For Good** (2025)
12.00 NOON **Anaconda** As 8.00pm.
1.50 PM **Civil War** Action thriller. (2023, 15, 109min) ★★★★
3.45 **In Cold Light** Crime thriller. (2025, 15, 96min) ★★★
5.30 **Wicked: For Good** Fantasy sequel. (2025, PG) ★★★

5.30 Wicked: For Good

8.00 Anaconda Action comedy starring Jack Black and Paul Rudd. Two friends encounter a terrifying creature while remaking their favourite movie. With Thandiwe Newton and Steve Zahn. (2025, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Night Patrol Horror thriller starring Jermaine Fowler. An Los Angeles cop discovers a local task force is hiding a secret that puts the residents of his childhood neighbourhood in danger. (2025, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Lee Cronin's The Mummy** Supernatural horror with Jack Reynor and Natalie Grace. (2026, 18, 134min) ★★★
2.20 AM **Mile End Kicks** Comedy starring Barbie Ferreira, Devon Bostick and Stanley Simons. (2025, 15, 111min) ★★★★
4.20 **to 6.00** AM **In Cold Light**

Sky Cinema Karate Kid

303 303 403 503 517

7.25 AM **Karate Kid: Legends**
9.10 **The Karate Kid** As 10.00pm.
11.30 **The Karate Kid Part II**
1.30 PM **The Karate Kid: Part III**
3.35 **The Next Karate Kid** Martial arts adventure with Noriyuki 'Pat' Morita and Hilary Swank. (1994, PG, 104min) ★★
5.35 **The Karate Kid** Martial arts adventure starring Jaden Smith, Jackie Chan Taraji P Henson and Wenwen Han. (2010, PG, 140min) ★★★

8.00 Karate Kid: Legends

8.00 Karate Kid: Legends Martial arts adventure sequel starring Jackie Chan. A kung fu prodigy embarks on a journey to enter the ultimate karate competition with the help of Mr Han and Daniel LaRusso. (2025, 12, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The Karate Kid Martial arts adventure starring Ralph Macchio as a teenager who learns karate to combat the local motorcycle gang. With Noriyuki 'Pat' Morita. (1984, 12, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **The Karate Kid Part II** Martial arts adventure sequel. (1986, PG, 113min) ★★
2.15 **The Karate Kid: Part III** Martial arts adventure sequel. (1989, PG, 111min) ★
4.15 **Sky Cinema Preview**
5.15 **to 7.15** AM **The Next Karate Kid** As shown at 3.35pm.

Sky Cinema Drama

310 310 410 510 524

6.30 AM **I Used to Be Funny** (2023)
8.25 **Boy Meets Boy** Drama. (2021, 15, 75min) ★★★
9.45 **Turn Me On** As 5.25am.
11.35 **Girl You Know It's True** (2023)
1.45 PM **Joker: Folie à Deux** Thriller. (2024, 15, 138min) ★★★★
4.10 **I, Tonya** Biopic starring Margot Robbie. (2017, 15, 119min) ★★★★
6.15 **September 5** Fact-based thriller. (2024, 15, 95min) ★★★★

8.00 One Battle After Another Oscar-winning action thriller starring Leonardo DiCaprio. A washed-up revolutionary scrambles to find his missing daughter when his evil nemesis resurfaces. With Sean Penn. (2025, 15, 161min) ★★★★★
10.45 **Catch Me If You Can** Director Steven Spielberg's fact-based crime adventure starring Leonardo DiCaprio, Tom Hanks and Christopher Walken. (2002, 12, 141min) ★★★★★

1.15 AM **Girl You Know It's True** Biographical drama starring Elan Ben Ali and Tijan Njie. (2023, 15, 124min) ★★★
3.30 **I Used to Be Funny** Comedy drama. (2023, 15, 105min) ★★★
5.25 **to 7.15** AM **Turn Me On** Fantasy comedy. (2024, 15, 99min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.05 AM **Waterworld** Sci-fi action adventure with Kevin Costner. (1995, 12, 134min) ★★★
9.30 **Westworld** Sci-fi thriller. (1973, 15, 89min) ★★★★
11.10 **Zombie Town** Horror comedy. (2023, 12, 92min) ★★
12.50 PM **Aeon Flux** Sci-fi action thriller. (2005, 15, 93min) ★★
2.35 **The Woman in the Yard** Horror. (2025, 15, 88min) ★★★

4.15 **Men in Black** Sci-fi comedy. (1997, PG, 94min) ★★★★
6.05 **Mad Max Beyond Thunderdome** Futuristic action thriller sequel starring Mel Gibson and Tina Turner. (1985, 15, 107min) ★★★
8.00 **Men in Black II** Sci-fi action comedy sequel starring Tommy Lee Jones and Will Smith. (2002, PG, 88min) ★★★
9.40 **Cloverfield** Offbeat disaster movie with Lizzy Caplan and TJ Miller. (2007, 15, 81min) ★★★

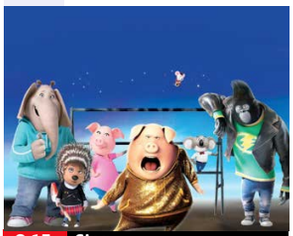
11.20 **Constantine** Supernatural thriller. (2005, 15, 121min) ★★★
1.25 AM **Bone Lake** Comedy thriller. (2024, 18, 94min) ★★★
3.10 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
5.05 **to 6.05** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.05 AM **The Wild Robot** (2024)
8.50 **Grand Prix of Europe** (2025)
10.30 **Shark Tale** Animated comedy. (2004, U, 90min) ★★★★
12.05 PM **Wicked: For Good** Fantasy. (2025, PG, 137min) ★★★
2.30 **Grand Prix of Europe** Animation. (2025, U, 98min)
4.15 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
6.00 **Jumanji: The Next Level** Fantasy adventure sequel. (2019, 12, 123min) ★★★★



8.15 Sing

8.15 **Sing** Animated musical comedy with the voices of Matthew McConaughey and Reese Witherspoon. A hustling koala's attempt to save his theatre with a singing competition becomes grander than he anticipates. (2016, U, 108min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Sonic the Hedgehog 3** Fantasy adventure sequel starring Jim Carrey. The blue hedgehog, Knuckles and Tails reunite to face the villainous Shadow. (2024, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Charlotte's Web** Screen version of EB White's classic book. (2006, U, 97min) ★★★
1.50 **The Muppets Take Manhattan** Musical comedy. (1984, U, 94min) ★★★★
3.35 **Muppets from Space** Comedy. (1999, U, 85min) ★★★
5.15 **to 6.50** AM **Buffalo Kids** Animation. (2024, U) ★★★

Sky Cinema Action

306 306 407 507 521

6.50 AM **Crawl** As 3.10am.
8.25 **Gladiator II** Drama sequel. (2024, 15, 148min) ★★★
11.00 **Venom: The Last Dance** Fantasy. (2024, 15) ★★★
12.50 PM **Transformers: Dark of the Moon** Adventure sequel. (2011, 12, 154min) ★★★
3.30 **The Long Kiss Goodnight** Thriller. (1996, 18) ★★★★
5.35 **Robin Hood: Prince of Thieves** Fantasy adventure. (1991, PG, 138min) ★★

5.35 Robin Hood: Prince of...

8.00 **Transformers: Age of Extinction** Sci-fi action adventure sequel starring Mark Wahlberg. The shape-changing robots emerge from hiding when technology from their own world threatens the human race. (2014, 12, 166min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **The Running Man** Comedy thriller starring Glen Powell and Lee Pace. Desperate to save his sick daughter, Ben Richards enters a deadly televised competition. (2025, 15, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **The Meg** Action thriller starring Jason Statham. (2018, 12, 113min) ★★★
3.10 **Crawl** Horror thriller. (2019, 15, 87min) ★★★
4.45 **The Cinema List: Jurassic**
5.05 **to 6.45** AM **Nobody 2** Comedy thriller sequel. (2025, 15, 89min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.40 AM **Jackie Chan's The Tuxedo** Action comedy. (2002, 12) ★★
9.30 **Anaconda** (2025, 12) ★★★
11.10 **Central Intelligence** Comedy. (2016, 12, 107min) ★★★
1.10 PM **The Whole Nine Yards** Comedy. (2000, 15) ★★★
2.50 **The Naked Gun** Comedy. (2025, 15, 85min) ★★★★
4.25 **Yesterday** Fantasy comedy. (2019, 12, 116min) ★★★
6.25 **Blazing Saddles** Spoof. (1974, 12, 90min) ★★★★

6.25 Blazing Saddles

8.00 **Beetlejuice Beetlejuice** Horror comedy sequel starring Michael Keaton. The mischievous demon is summoned once more when Delia Deetz returns to the close-knit community of Winter River. (2024, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Hitch** Romantic comedy with Will Smith and Eva Mendes. A smooth-talking man forges a career as a 'date doctor', offering advice to single guys – but when he falls in love, he discovers his expertise counts for nothing. (2005, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Eddie the Eagle** Biopic. (2016, PG, 103min) ★★★
1.45 AM **'About Last Night...'** Comedy. (1986, 18) ★★★
3.45 **National Security** Comedy. (2003, 12, 88min) ★
5.20 **to 6.55** AM **Honey Don't!** Comedy. (2025, 15) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.00 AM **The Firm** Legal thriller. (1993, 15, 155min) ★★★
9.40 **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
12.05 PM **Cellular** Suspense thriller. (2004, 15, 94min) ★★★
1.45 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★
3.50 **Vanilla Sky** Fantasy drama. (2001, 15, 136min) ★★★
6.10 **Caught Stealing** Comedy thriller starring Austin Butler. (2025, 15, 107min) ★★★★

6.10 Caught Stealing

8.00 **No Country for Old Men** Dark crime thriller starring Tommy Lee Jones, Javier Bardem and Josh Brolin. A dogged lawman and a ruthless contract killer pursue a Texan who has made off with $2million in drug money. (2007, 15, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

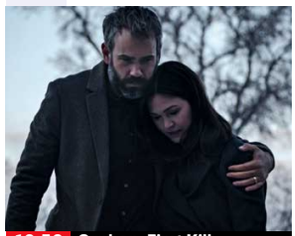
10.10 **Civil War** Action thriller starring Kirsten Dunst. In a dystopian America, a team of journalists race to the White House before a faction of rebels get there. (2023, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Fatal Attraction** Thriller starring Michael Douglas, Glenn Close and Anne Archer. (1987, 15, 120min) ★★★★
2.25 **Caddo Lake** Mystery thriller. (2024, 12, 99min) ★★★
4.20 **to 6.15** AM **The Plague** Thriller starring Joel Edgerton. (2025, 15, 98min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Sea Wife** Romantic drama. (1957, PG, 82min) ★★
12.40 PM **The 300 Spartans** War epic. (1962, PG, 113min) ★★★
2.55 **Destroyer** War drama. (1943, b/w, U, 99min) ★★
5.00 **The Old Man & the Gun** Fact-based crime drama. (2018, 12, 93min) ★★★★
6.50 **Flight of the Phoenix** Action adventure with Dennis Quaid. (2004, 12, 113min) ★★★



10.50 Orphan: First Kill

Flight of the Phoenix (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Nobody** Crime drama starring Bob Odenkirk and Connie Nielsen. An unassuming family man reveals his true character after his house is burgled by two petty thieves. (2021, 15, 88min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Orphan: First Kill** Horror prequel starring Isabelle Fuhrman and Julia Stiles. (2022, 15, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **PREMIERE** **The Second Act** French comedy starring Léa Seydoux. Subtitled. (2024, 15, 104min) ★★★★
2.20 **to 4.00** AM **Deerskin** French horror comedy. Subtitled. (2019, 15, 77min) ★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2026 Recap

302 302 402 502 516

6.45 AM **Flavia** Family adventure. (2026, PG, 100min) ★★★
8.25 **Gabby's Dollhouse: The Movie** Comedy. (2025, U, 99min) ★★★
10.05 **Sketch** Fantasy comedy. (2025, 12, 93min) ★★★★
11.45 **Blue Moon** Comedy drama. (2025, 15, 100min) ★★★★
1.30 PM **Roofman** As 8.00pm.
3.40 **Wuthering Heights** Drama. (2026, 15, 136min) ★★★★

6.00 **The Choral** Period comedy drama starring Ralph Fiennes. (2025, 15, 113min) ★★★★
8.00 **Roofman** Comedy drama with Channing Tatum and Kirsten Dunst. A fugitive hides in a toy shop while on the run from the police, and gets into a relationship with a female employee. (2025, 15, 126min) ★★★★
10.10 **A Big Bold Beautiful Journey** Romantic drama starring Colin Farrell and Margot Robbie. (2025, 15, 109min) ★★★

12.10 AM **Black Phone 2** Horror. (2025, 18, 114min) ★★★★
2.10 **No Ordinary Heist** Thriller. (2026, 15, 99min) ★★★
3.55 **The Internship** Thriller. (2026, 15, 87min) ★★★
5.35 **to 7.15** AM **Safe House** Thriller. (2025, 15, 90min) ★★★

Sky Cinema Greats

307 307 404 504 518

6.25 AM **Flashdance** Dance drama. (1983, 15, 96min) ★★★
8.05 **Bill & Ted's Excellent Adventure** Comedy. (1988, PG) ★★★★
9.45 **Tootsie** (1982, 15) ★★★★
11.45 **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
1.30 PM **Caddyshack** Comedy. (1980, 15, 95min) ★★★
3.10 **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★

4.40 **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★★
6.20 **The Wedding Singer** Comedy. (1998, 12, 97min) ★★★★
8.00 **American Pie** Teen comedy. (1999, 15, 96min) ★★★★
9.40 **The 'burbs** Comedy with Tom Hanks. (1989, PG, 103min) ★★★
11.30 **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★
1.00 AM **The Naked Gun 2½: The Smell of Fear** Spoof thriller sequel. (1991, 15, 81min) ★★★

2.30 **The Naked Gun 33⅓: The Final Insult** Spoof thriller sequel. (1994, 12, 83min) ★★★
3.55 **The Brady Bunch Movie** Spoof. (1995, 12, 89min) ★★★
5.30 **to 7.05** AM **So I Married an Axe Murderer** Comedy thriller. (1993, 15, 92min) ★★★

Disney+ Cinema

305 305

6.00 AM **Piglet's Big Movie** Animation. (2003, U) ★★
7.20 **Mulan** Animated adventure. (1998, U, 88min) ★★★
8.50 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
10.35 **Alice in Wonderland** Cartoon version of Lewis Carroll's tale. (1951, U, 75min) ★★★★
11.55 **Up** Animated comedy adventure. (2009, U, 96min) ★★★★★

1.35 PM **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
4.00 **The Good Dinosaur** Animation. (2015, PG, 101min) ★★★★
5.35 **Finding Nemo** Animation. (2003, U, 104min) ★★★★★
7.20 **Percy Jackson: Sea of Monsters** Fantasy sequel. (2013, PG, 102min) ★★★
9.00 **The Grand Budapest Hotel** Wes Anderson's comedy drama. (2014, 15, 99min) ★★★★★

10.40 **Black Swan** Psychological thriller. (2010, 15, 108min) ★★★
12.30 AM **Iron Man** Action adventure. (2008, 12, 120min) ★★★★
2.40 **A Real Pain** Comedy drama. (2024, 15, 90min) ★★★★★
4.10 **to 6.00** AM **Percy Jackson: Sea of Monsters** As 7.20pm.

Movies 24

312 313 419

7.00 AM **A Grand Ole Opry Christmas** Festive drama. (2025, PG, 90min) ★★
9.00 **Three Wiser Men and a Boy** Comedy. (2024, PG, 84min) ★★
11.00 **Christmas by Candlelight** Comedy. (2023, PG, 90min) ★★
1.00 PM **A Newport Christmas** Drama. (2025, PG, 89min) ★★
3.00 **Mistletoe in Montana** Romantic drama. (2021, PG, 83min) ★★

5.00 **Deck the Walls** Festive drama. (2024, PG, 90min) ★★
7.00 **Love Is a Dog's Best Friend** Comedy starring Arielle Kebbel and Benjamin Hollingsworth. (2025, PG, 90min) ★★
9.00 **A Royal Montana Christmas** Festive drama starring Fiona Gubelmann and Warren Christie. A princess seeking a respite from royal duties takes an incognito Christmas holiday to a Montana ranch. (2025, PG, 90min) ★★

11.00 **Navigating Christmas** Festive drama. (2023, PG, 84min) ★★
1.00 AM **The Christmas Quest** Adventure. (2024, PG) ★★
3.00 **to 5.00** AM **Christmas on Duty** Drama. (2025, PG, 89min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **The Broken Melody** Drama. (1934, b/w, U, 83min) ★★★
7.40 **Forbidden** Dark thriller. (1948, b/w, PG, 87min) ★★★
9.25 **The Desperate Mission** Western. (1969, PG, 97min) ★★★
11.15 **What's on TPTV with Noel**
11.30 **Star Performance** 22/31. (S2)
12.00 NOON **Railway Murders**
1.00 PM **The Buccaneers** 19/39. (S1)
1.30 **Kim** Action adventure.

2.35 **Talking Pictures Remembers James Hayter**
3.10 **Dial 999** 21/39. (S1)
3.40 **The Iron Petticoat** Comedy. (1956, U, 96min) ★★★
5.30 **River Patrol** Crime drama. (1948, b/w, PG, 48min) ★★★
6.30 **Give Us a Clue** With Jim Bowen.
7.00 **Out of Town**
7.30 **Travelling Man** 4/7. (S2)
8.35 **Payday** Drama starring Rip Torn. (1972, 18, 102min) ★★★
10.40 **The Disappearance of Flight 412** Mystery. (1975, U) ★★★

12.10 AM **The Rough and the Smooth** Crime drama. (1959, b/w, 18, 96min) ★★
2.15 **Fort Algiers** Desert adventure. (1953, b/w, U, 78min) ★★
3.50 **Zombies** Short documentary.
4.00 **Stagecoach West** 19/38. (S1)
5.00 **to 6.00** AM **The Rogues**

WEDNESDAY Sport 22 July

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports News**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
3.00 LIVE **The Hundred** **Southern Brave v Welsh Fire.** Coverage of the women's match at Utilita Bowl in Southampton. Start-time **3.00pm**.
6.00 LIVE **The Hundred** **Southern Brave v Welsh Fire.** Coverage of the men's match at Utilita Bowl. Start-time **6.30pm**.
9.30 LIVE **World Matchplay Darts** Coverage of day five of the tournament staged at Winter Gardens in Blackpool, featuring four second-round matches.
12.00 M'T **Sky Sports News**
1.00 AM LIVE **WNBA** **Indiana Fever v Connecticut Sun.** Coverage of the Eastern Conference match at Gainbridge Fieldhouse. Tip-off **1.00am**.
3.00 LIVE **WNBA** **Portland Fire v Dallas Wings.** Coverage of the Western Conference match staged at Moda Center. Tip-off **3.00am**.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
9.00 **FNF** Aston Villa v Liverpool.
9.30 **Premier League Highlights**
12.30 PM **MNF Hlts** Arsenal v Burnley.
1.00 **Premier League Highlights**
5.30 **Premier League Highlights** West Ham United v Leeds United.
6.00 Tottenham v Everton.
6.30 Crystal Palace v Arsenal.
7.00 **Premier League Stories** The story of lifelong Manchester United fans, the Singh brothers.
7.30 **Premier League 100 Club** A look at Manchester City striker Erling Haaland's goals.
8.00 **Netbusters** Fast-paced highlights using alternative angles, featuring every goal from every game.
9.00 **Premier League Review** A look back at action in the top flight.
11.00 **Premier League Years** Memorable moments and classic games from the 2010/11 season.
1.00 AM **PL Retro** Chelsea v Manchester United from 2006.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **Best Premier League Own Goals** Memorable moments.
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **Retro League One**
8.00 **Best Moments from the Championship Play-Off Final**
8.30 **Best Moments from the League 1 & 2 Play-Off Final**
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2018 final.
10.30 **EFL** Goals from 2017/18 season.
11.00 **Edinburgh Derby Best Goals**
11.30 **EFL Greatest Games**
12.00 NOON **EFL** The 2016 play-offs.
3.00 PM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **Championship Retro**
6.00 **EFL** Blackpool v Exeter City in the 16/17 League Two play-off final.
7.00 Bradford City v Millwall in the 16/17 League One play-off final.
8.00 Huddersfield Town v Reading from 2016/17.
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **Retro League One** Swindon Town v Sheffield Utd in the 2015 play-off semi-final second-leg.
12.00 M'T **EFL Highlights**
2.00 AM **EFL** Hull City v Middlesbrough.
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **to 6.00** AM **SPFL Greatest Games**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred**
9.15 **The Hundred Bitesize**
10.00 **The Hundred** Another chance to see MI London v Sunrisers Leeds.
1.30 PM **The Hundred Bitesize**
2.45 LIVE **The Hundred** **Southern Brave v Welsh Fire.** Coverage of the women's match at Utilita Bowl in Southampton. Start-time **3.00pm**.
6.00 LIVE **The Hundred** **Southern Brave v Welsh Fire.** Coverage of the men's match from Utilita Bowl in Southampton. The hosts missed out on finals day last year after they finished in fourth place with four wins from their eight games. Welsh Fire struggled last season as they ended their campaign bottom of the table after they only picked up two victories from their eight matches. Start-time **6.30pm**.
9.30 **The Hundred Bitesize**
10.00 **The Hundred** Another chance to see Southern Brave v Welsh Fire.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** Another chance to see Southern Brave v Welsh Fire.
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Ladies European Tour Golf**
7.00 **Ladies European Tour Golf**
11.00 **Women in Golf: Breaking with Tradition** Documentary.
12.00 NOON **LPGA Tour Golf**
1.00 PM **US Women's Open Golf**.
2.00 **Women's PGA Championship**
3.00 **LPGA Tour Golf** Highlights.
4.00 **Ladies European Tour Golf**
5.00 **Best of the Women's Open Zone 2022** Discussion and tips.
5.30 **Roots** Annika Sorenstam.
6.00 **PGA Tour Champions**
7.00 **PGA Tour: The Cut**
7.30 **HotelPlanner Tour Golf Highlights** German Challenge.
8.00 **Legends Tour Golf** Action from the OFX Irish Legends.
9.00 **The Open** Highlights from the fourth and final day of the fourth Major of the year in Merseyside.
10.00 **PGA Tour Champions** The Kaulig Companies Championship.
11.00 **The Open** The final day.
12.00 M'T **PGA Tour Golf**
1.00 AM **Ladies European Tour Golf**
2.00 **European Seniors Golf**
3.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
9.00 LIVE **WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours, including the ATP Austrian Open, ATP Estoril Open, WTA Hamburg Open and WTA Prague Open.
9.00 PM **ATP Tour This Week**
9.30 **WTA Tennis** The Iasi Open final.
10.30 **ATP Tennis** The Swiss Open final.
11.30 **WTA Tennis** Athens Open final.
12.30 AM **ATP Tour This Week**
1.00 **Best of Serena Williams**
2.00 **WTA & ATP Tennis**
3.00 **Best of Serena Williams**
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Men Highlights** The 16th stage.
7.00 **British Superbikes Rewind**
7.15 **Premier League Stories**
7.45 **Classic Premier League**
10.45 **The Gruppetto** Cycling news.
11.00 **Tour de France Men Highlights**
12.00 NOON LIVE **Tour de France Men** Coverage from the 17th stage of the Grand Tour race, a 174.7km flat route from Chambery to Voiron.
5.00 PM **Race Bikes** Scalpel LAB71.
5.30 **MLB Highlights** Baseball action.
6.30 LIVE **MLB** **New York Yankees v Pittsburgh Pirates.** Coverage of the inter-league match from Yankee Stadium. Start-time **6.35pm**.
9.30 LIVE **MLB** **Seattle Mariners v Cincinnati Reds.** Coverage of the inter-league match staged at T-Mobile Park. Start-time **8.40pm.**
11.30 **MLB Classic** Seattle Mariners.
12.00 M'T **MLB Highlights**
1.00 AM LIVE **MLB** **Chicago Cubs v Detroit Tigers.** The inter-league match from Wrigley Field. Start-time **1.10am**.
4.00 **to 6.00** AM **MLB Classic**

TNT Sports 2

411 414 522 409 431

6.00 AM **NWSL** Recent action.
8.00 **Motocross World Championship**
11.00 **British Superbikes Highlights**
12.00 NOON **WRC Review**
1.00 PM **MLB Highlights**
2.00 **NWSL** Football highlights.
4.00 **Longines Global Champions Tour** Action from the Grand Prix of Riesenbeck in Germany.
5.00 **Sign Up – Into Football**
6.00 **TNT Sports Reload**
6.30 **Ultimate Pool** Action from the Group Six matches in the Champions League tournament.
8.00 **Premier League Stories** The story of the Singh brothers.
8.30 LIVE **MLB** **Seattle Mariners v Cincinnati Reds.** The inter-league match at T-Mobile Park. These two teams last met in the regular season in April last year in a three-game series in Cincinnati. That contest was won 2-1 by the Mariners after they fought back having lost the first game 8-4, claiming 5-3 and 11-7 victories in the last two matches. Start-time is at **8.40pm.**
11.30 **Classic Premier League**
3.30 AM **Premier League Legends**
4.00 **to 6.00** AM **NWSL**

Sky Sports Action

412 410 510 426 446

6.00 AM **NFL Highlights**
7.00 **World Matchplay Darts**
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.15 **Super Bowl LX Bitesize**
5.30 **Super League Highlights**
6.00 **PDC Classics** Archive action.
7.00 LIVE **World Matchplay Darts** Coverage of day five at Winter Gardens, featuring four second-round matches. Luke Littler was pushed all the way by Jermaine Wattimena before he eventually prevailed 13-11 at this stage last year, while Josh Rock also won by the same score in his match against Michael van Gerwen.
12.00 M'T **Super League Highlights**
1.00 AM LIVE **WNBA** **Indiana Fever v Connecticut Sun.** The Eastern Conference match at Gainbridge Fieldhouse in Indianapolis. Tip-off **1.00am**.
3.00 LIVE **WNBA** **Portland Fire v Dallas Wings.** The Western Conference match at Moda Center. Tip-off **3.00am**.
5.30 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.00 **WTA Tennis** The Stuttgart Open final held at Porsche-Arena.
9.00 LIVE **WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours, including the ATP Austrian Open, ATP Estoril Open, WTA Hamburg Open and WTA Prague Open.
6.00 PM **Sports Desk**
7.00 LIVE **World Matchplay Darts** Coverage of day five of the tournament at Winter Gardens in Blackpool, featuring four second-round matches. Luke Littler was pushed all the way by Jermaine Wattimena before he prevailed 13-11 at this stage last year, while Josh Rock also won by the same score in his match against Michael van Gerwen.
12.00 M'T **EFL Greatest Games** First and Second Division play-off finals from 1998 to 2003.
1.00 AM **Formula 1** The Australian Grand Prix at Albert Park Circuit.
2.00 **Tennis** Highlights from the WTA and ATP Doha Open finals.
4.00 **Formula 1** The Miami Grand Prix.
5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **ATP Tennis** Swedish Open final.
8.00 **State of Origin Rugby League**
11.00 **NBA Basketball**
1.00 PM **One-Day International Cricket** England v India.
2.00 **PL Greatest Games**
2.45 LIVE **The Hundred** **Southern Brave v Welsh Fire.** Coverage of the women's match from Utilita Bowl in Southampton. Start-time **3.00pm**.
6.00 LIVE **The Hundred** **Southern Brave v Welsh Fire.** Coverage of the men's match from Utilita Bowl in Southampton. Start-time **6.30pm**.
9.30 **Formula 1** Belgian Grand Prix.
10.30 **PGA Tour Golf** The Corales Puntacana Championship.
11.30 **PL Greatest Games**
12.00 M'T **The Insiders** NFL news.
1.00 AM **NBA Basketball**
3.00 **PL Greatest Games**
4.00 **WTA Tennis** Brisbane Open final.
5.50 **to 6.00** AM **EFL Greatest Games**

TNT Sports 3

413 415 523 410 432

6.00 AM **UEFA Champions League**
11.00 **One-Day International Cricket** West Indies v New Zealand.
12.00 NOON **UEFA Champions League** Recent action.
5.00 PM **UEFA Champions League** Atletico Madrid v Arsenal.
6.00 Arsenal v Atletico Madrid.
6.30 Paris Saint-Germain v Arsenal in this year's final.
8.00 **Tour de France Men Highlights** Action from the 17th stage of the Grand Tour race.
9.00 **Discovery Golf** The latest news.
9.30 **One Day International Cricket** West Indies v New Zealand from Kensington Oval in Barbados.
10.30 **Supercars Championship Highlights** The first and second days of the NTI Townsville 500.
12.30 AM **WRC Review** Rally Estonia.
1.30 **Discovery Golf**
2.00 **Tour de France Men Highlights**
3.00 **Fishing: On the Bank**
4.00 **to 6.00** AM **The Gallagher PREM**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** Four match replays.
12.00 NOON **AFL** Collingwood Magpies v Carlton Blues.
1.30 PM A chance to see West Coast Eagles v Brisbane Lions.
3.00 A chance to see Richmond Tigers v Hawthorn Hawks.
4.30 **AFL** Another chance to see Gold Coast Suns v Western Bulldogs.
6.00 Another chance to see Essendon Bombers v GWS Giants.
7.30 **Motocross World Championship** Action from MX2 race one staged at Foxhills in Swindon.
8.15 Highlights from MXGP race one held at Foxhills in Swindon.
9.00 MX2 race two at Foxhills.
9.45 Action from MXGP race two at Foxhills in Swindon.
10.30 **UFC Reloaded** Tyron Woodley v Stephen Thompson at UFC 209.
1.00 AM **UFC Reloaded**
3.30 **UFC Greatest Fights**
5.00 **to 6.00** AM **UEFA Champions League – Classics**

Premier Sports 1

419 APP 528

6.00 AM **Argentine Primera** A replay of River Plate v Belgrano.
8.00 **NASCAR Highlights**
9.00 **World Surf League**
10.00 **Scottish Cup Football** Celtic v Dunfermline Athletic in the final.
12.00 NOON **Coppa Italia** A chance to see Inter Milan v FC Como.
2.00 PM Lazio v Inter Milan.
4.00 **Swedish Speedway**
5.55 LIVE **Swedish Speedway** Coverage of an Elitserien meeting.
8.00 **Bike World** Magazine.
8.30 **KOTV Weekly** Boxing news.
9.00 **NASCAR Highlights** Action from the Window World 450.
10.00 **European Le Mans Series**
11.00 **World Surf League**
12.00 M'T **Swedish Speedway**
2.00 AM **KOTV Weekly**
2.30 **Sporting Greats**
3.00 **LaLiga** Another chance to see Real Madrid v Atletico Madrid.
5.00 **to 6.00** AM **Sporting Countdowns**

Premier Sports 2

420 APP 529

6.00 AM **Top 14 Rugby Union**
8.00 **Temples of Sport**
8.30 **Champions Cup** A chance to see Leinster v Bordeaux in the final.
10.30 **Football's Greatest**
11.00 **Rugby Junior World Championships** Recent action.
3.00 PM **Football's Greatest**
3.30 **Rugby Junior World Championships** A chance to see South Africa U20 v Georgia U20.
5.30 Italy U20 v Japan U20.
7.30 Another chance to see New Zealand U20 v Italy U20.
9.30 Ireland U20 v USA U20.
11.25 **Brasileiro Serie A** Another chance to see Botafogo v Santos.
1.25 AM LIVE **Brasileiro Serie A** **Internacional v Cruzeiro.** Coverage of the match at Estadio Beira-Rio. Kick-off **1.30am**.
3.30 **Football's Greatest**
4.00 **Eredivisie Highlights**
5.00 **Football's Greatest**
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 507 424 444

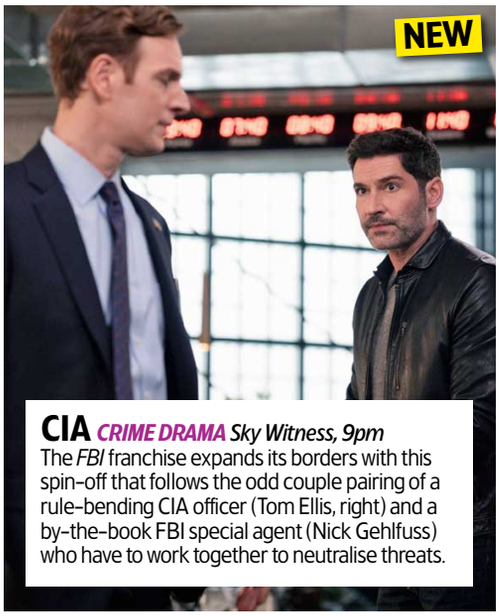
6.00 AM **Formula 1** From Hungary.
10.00 **British Kart Championships**
11.00 **Formula 1** British Grand Prix.
1.15 PM **Formula 2** From Belgium.
2.35 **Lewis Hamilton Ferrari Story**
2.45 **Formula 3** Belgian Grand Prix.
3.45 **F1 Feature**
4.00 **Ginetta Juniors Highlights**
5.00 **British Kart Championships**
6.00 **Indycar** Music City Grand Prix.
7.00 **Formula 1** Belgian Grand Prix.
8.00 **F1 Classic Races**
1.15 AM **Supercars in Monaco**
1.25 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

23 July

Planner



CIA *CRIME DRAMA Sky Witness, 9pm*

The *FBI* franchise expands its borders with this spin-off that follows the odd couple pairing of a rule-bending CIA officer (Tom Ellis, right) and a by-the-book FBI special agent (Nick Gehlfuss) who have to work together to neutralise threats.

Pompeii: Out of Time with Tom Hiddleston

DOCUMENTARY National Geographic, 8pm & 9pm (box set, Disney+)

The Night Manager actor (right) fronts this three-part docudrama that uses expert knowledge and evidence to transport viewers back to the hours before and during the eruption of Mount Vesuvius in AD 79.

Commonwealth Games Opening Ceremony

SPORT TNT Sports 2 & HBO Max, 6.30pm

Coverage of the opening ceremony from Glasgow's Hydro. The games will begin tomorrow with events including swimming, featuring England's Eva Okaro (pictured).

Star Trek: Strange New Worlds

SCI-FI Paramount+

Return of the prequel spin-off, set the decade before the original series. The crew of the USS *Enterprise*, led by Captain Christopher Pike (Anson Mount), face a dino threat on a strange planet.

Thursday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives...	7.30 EastEnders	8.00 Fake or Fortune?		9.00 Who Do You Think You Are?		10.00 News; Local News	
	102 BBC2	7.00 Escape to the Country		8.00 Digging for Britain		9.00 The Devil in the Family...	9.50 Inside No. 9		10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Tom Kerridge...	8.00 Emmerdale	8.30 Coronation...	9.00 The Chase Around the World		10.05 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 George Clarke's Remarkable...		9.00 Murder Case: The Digital Detectives		10.00 The Showjumper Murder	
	105 5	7.00 Tour de France		8.00 Commonwealth Games: Opening Ceremony – Live: Coverage of the opening of the Games				10.05 Billy Connolly: In His Own Words	
	106 SKY ONE	7.00 The Simpsons		8.00 Rob & Romesh vs Heavy Metal		9.00 The Dyers' Caravan Park		10.00 Katie Price: Nothing to Hide	
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Top Gear: Polar Challenge		9.00 The Traitors Canada			
	116 BBC4	7.00 Great British...	7.30 Walking with...	8.00 Film: Jesus Christ Superstar			9.40 Norman...	10.05 Film: In the Heat of the Night	
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Love Island		10.05 Love Island...	10.35 Family Guy
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 The Reclaimers: Made in Suffolk		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons		8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 CIA		10.00 FBI	
	108 SKY ATLANTIC	‹ 6.50 The Gilded Age				9.00 The Five-Star Weekend			
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army		8.20 Are You Being Served?	9.00 Porridge	9.40 The Office		10.20 Not Going Out
	111 U&DAVE	7.00 Mortimer & Whitehouse: Gone Hogmanay Fishing			8.20 Would I Lie to You?	9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Grantchester	
	120 ITV4	7.00 River Monsters		8.00 Sharpe					10.10 The Motorbike Show
	112 COMEDY CENTRAL	7.00 Friends				9.00 Iain Stirling's Roast the Internet		10.00 Stupid Central	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Resident Alien		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 The Marlow Murder Club				10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Discovering: Ed Harris		9.00 Gene Kelly: An American in Hollywood			10.15 Michael Caine: The...
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Property Brothers: Under Pressure		9.00 DIY SOS: The Big Build			
DOCUMENTARY	125 DISCOVERY	7.00 Last Chance Garage				9.00 Naked and Afraid: Global Showdown			
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Richard E Grant's Seven Deadly Sins		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Bushcraft...	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Pompeii: Out of Time with Tom Hiddleston				10.00 Gladiators: Warriors of the Ancient...	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Britain's Lost Battlefields with Rob Bell		9.00 Gunpowder Siege			
	155 U&YESTERDAY	7.00 Planet Earth III		8.00 Bangers & Cash				10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	7.00 David Frost Vs		8.00 Film: Amy					10.30 I Am Jackie O

‹ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition (S)(AD)
10.15 **The Moment of Proof** (S)(R)(AD)
10.45 **Expert Witness** New edition (S)
11.15 **Homes Under the Hammer** New edition Properties in Kent, Hampshire and Stafford. (S)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Policing Paradise** (S)(R)
2.30 **Rick Stein's Australia** (S)(R)(AD)
3.00 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** (S)(R)
4.30 **The Travelling Auctioneers** A man decides to part with his antiques collection. (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Who Do You Think You Are?

BBC2

102 102 102 2 102 102 2

6.30 AM **Animal Park** (S)(R)(AD)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Game show. (S)(R)
2.15 **Lightning** Quick-fire quiz. (S)(R)
2.45 **The Farmers' Country Showdown** From Lancashire. (S)(R)
3.15 **The Hidden World of Hospitality with Tom Kerridge** The chef assesses two restaurants looking to expand their businesses. (S)(R)(AD)
4.15 **Wild Brazil** The giant otter cubs must learn to swim before their river floods. (S)(R)(AD)
5.15 **Flog It!** Unearthing items at Norwich Cathedral. (S)(R)
6.00 **Richard Osman's House of Games** Double bill. (S)(R)

9.00 The Devil in the Family

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
1.30 PM **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and the team are in Grimsby, where Debbie Serpell tries to buy some jewellery, and Simon Schneider gets excited over a vintage engine. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Kelly G takes on the infamous Banker for the chance to win a life-changing cash prize. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 The Chase Around the World

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 11-13/28. (S11) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 11-14/24. (S2) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** Low water levels threaten to derail Margaret and Tony's journey home. (S)(R)(AD)
5.00 **Chateau DIY** Terry and Ashley reinstate their formal gardens at Château de Lalacelle. (S)(R)(AD)
6.00 **Four in a Bed** The week's final visit is to country pub The Drayton Crown in Somerset. (S)(R)
6.30 **Come Dine with Me** On night four in Belfast, accountant Kirsty hosts an Ibiza-themed evening. (S)(R)

10.00 The Showjumper Murder

7 PM

7.00 **NEW Our Lives: Stone Strong** Following a community helping to revive Scotland's ancient tradition of stone lifting. (S)(AD)
7.30 **EastEnders** Ian quizzes Lauren over his suspicions, while Denise and Jack reconcile. (S)(AD)

7.00 **Escape to the Country** Jules Hudson is in Derbyshire with a recently married couple who are making an epic location shift and swapping the Blue Mountains in Australia for the wilds of the Peak District. (S)(R)

7.30 **Tom Kerridge Cooks Italy** New edition The chef explores Tuscany and Lazio, discovering traditional olive oil production and modern rocket cultivation before joining the olive harvest and sampling the season's first pressing. (S)(AD)

7.00 **News** (S)

8 PM

8.00 **Fake or Fortune?** New edition 2/4. Fiona Bruce and Philip Mould embark on a quest to authenticate a portrait of an Indian woman – a potential lost work by 18th-century Scottish artist Katherine Read. (S)(AD)

8.00 **Digging for Britain** Following Alice Roberts as she joins archaeologists on digs of northern Britain, revealing a Roman Emperor's lost bath house and a formidable fortress perched on top of a Scottish mountain. (S)(R)(AD)

8.00 **Emmerdale** Cain and Kyle go camping, while Ross spots that Lewis is finding it too much. (S)(AD)
8.30 **Coronation Street** Maria considers exposing Gary's false alibi, while Adam helps Kit to parent Harry. (S)(AD)

8.00 **George Clarke's Remarkable Renovations** The architect meets Stuart and Theresa, who were looking to downsize ready for retirement until they saw a cavernous village hall up for sale in Northamptonshire. (S)(R)(AD)

9 PM

9.00 **Who Do You Think You Are?** New edition 6/8. Actor Adeel Akhtar wants to know how his ancestors came from India to Kenya, and makes a surprising discovery that his roots in the country run deeper than he ever imagined. (S)(AD)

9.00 **NEW SERIES The Devil in the Family: The Fall of Ruby Franke** 1/3. The story of the vlogger Ruby Franke, who was arrested for child abuse in 2023. (S)(AD)
■ Entire series on BBC iPlayer
9.50 **Inside No. 9** *Merrily, Merrily:* 1/6. A man arranges a reunion on a boat for his old friends. (S7) (S)(R)(AD)
10.20 **The North York Moors: A Wild Year** Footage of the red grouse of the North York Moors. (S)(R)(AD)
10.30 **Newsnight** (S)

9.00 **The Chase Around the World** New edition Host Bradley Walsh and the Chasers are in Barcelona where the contestants face an epic quiz around the city for the chance to win £100,000. (S)(AD)

9.00 **Murder Case: The Digital Detectives** New edition A 2020 murder investigation reveals how a conflict between friends-turned-gang rivals spiralled into a fatal act of revenge, after a dispute over counterfeit money. (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM I Am Legend** Sci-fi horror thriller starring Will Smith. A military scientist fears he is the last man on Earth after a deadly virus kills most of humanity and turns the survivors into vicious nocturnal predators. With Alice Braga. (S)(AD) (2007, 15, 90min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.10 AM **Alan Carr's Picture Slam** Game show in which teams from London, Motherwell and south Wales have to identify a board full of images, with a chance of winning up to £10,000. (S)(R)
12.55 **Weather for the Week Ahead** Seven-day forecast. (S)
1.00 **to 6.00** AM **BBC News** (S)

11.05 **FILM The Inspection** Drama starring Jeremy Pope, Gabrielle Union and Bokeem Woodbine. A gay black man, rejected by his mother and with few options for his future, joins the US Marines. (S) (2022, 15, 90min) ★★★★
12.35 AM **Sign Zone: Ambulance** Crews are called to a siege in Leeds, where police are preparing to raid the premises. (S)(R)(AD)
1.35 **Sign Zone: Evolution** (S)(R)(AD)
2.35 **to 6.30** AM **Previews** (S)

10.05 **ITV News** (S)
10.35 **Local News** (S)
10.50 **FILM Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. With Téa Leoni and Tchéky Karyo. (S)(AD) (1995, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM **Teleshopping**
3.00 **Nobody's Fool** 3/6. With pressure starting to mount, one player's guilt takes over, leading to an emotional decision. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Dickinson's Real Deal** (S)(SL)(R)(AD)

10.00 **NEW SERIES The Showjumper Murder** 1/2. Documentary about the 2020 murder of Katie Simpson, a showjumper from Northern Ireland, whose body was found in her own home. (S)(AD)

11.00 **The Showjumper Murder** Series finale 2/2. The story of how Jonathan Cresswell took a drastic step to avoid justice. (S)(AD)
■ Entire series on C4 streaming
12.05 AM **Crime Scene Cleaners** (S)(R)
1.00 **Kitchen Nightmares USA** (S)(R)
1.50 **The Undeclared War** (S)(R)(AD)
3.40 **Britain's Most Expensive Houses**
4.35 **Couples Come Dine with Me** (R)
5.30 **Sunday Brunch** (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 203 303 35 112 251

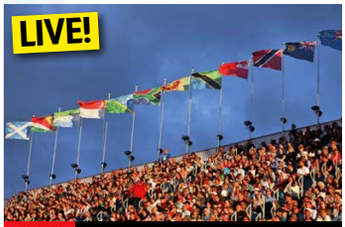
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 **FILM A Diet to Die For** Fact-based drama with Jennifer Grey and Vincent Walsh. (S) (2023, PG, 100min) ★★
4.00 **Castle** *Child's Play:* 4/23. Beckett and Castle investigate the murder of an ice-cream truck driver (S7) (S)(R)
4.55 **Love Nature** A look at a small group of penguins at an aquarium in Portaferry. (S)(R)
5.00 **News** (S)
6.00 **Jersey and Guernsey** An edition focusing on Liberation Day across the islands. (S)(R)
6.55 **News** (S)



8.00 Commonwealth Games

7.00 Tour de France Action from the 18th stage of the Grand Tour race, a 185.2km mountain route which goes from Voiron to Orcieres-Merlette. (S)

7.55 News (S)

8.00 LIVE Commonwealth Games: Opening Ceremony Coverage of the official opening of the Games held at the Hydro in Glasgow. Scottish talent including KT Tunstall, Nathan Evans and Saint PHNX, and Callum Beattie will perform as the city welcomes the arrival of all 74 teams ahead of 10 days of sporting action. *See feature, page 28.* (S)

10.05 Billy Connolly: In His Own Words A profile of the comedian and actor, drawing on TV appearances and stand-up performances from his career to reveal his journey to the top of showbusiness. (S)(R)

11.30 **Police Interceptors** A driver heads the wrong way down a dual carriageway, while tech comes up trumps. (S)(R)
12.30 AM **Cops**. (S)(R)
1.00 **Teleshopping** (S)(R)
2.00 **Car Pound Cops** (S)(R)
3.45 **Friends** (S8) (S)(R)(AD)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S9) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Chasing the Rains** (S)(R)
1.00 PM **Hawaii Five-0** (S6) (S)(R)
3.00 **S.W.A.T.** 1&2/22. (S8) (R)
5.00 **The Simpsons** *A Father's Watch:* Grampa gives Bart a special watch passed down by his own father. (S)(R) **5.30** *Pork and Burns:* A book on minimalism inspires Marge to change her way of living. (S)(R)
6.00 **Animal Control** 3/9. Frank uncovers a smuggling ring. (R) **6.30** 4/9. Emily accompanies Frank on an official Animal Control ride-along. (S2) (R)

10.00 Katie Price: Nothing to Hide

7.00 The Simpsons *The Caper Chase:* Mr Burns decides to open his own for-profit university. (S)(R) **7.30** *Looking for Mr Goodbart:* Bart spends time with Springfield's grandmothers. (S)(R)

8.00 Rob & Romesh vs Heavy Metal Comedians Rob Beckett and Romesh Ranganathan are challenged to perform Metallica's *Enter Sandman* at Download Festival in front of 4,000 fans. (S)(R)(AD)

9.00 The Dyers' Caravan Park 3/6. Sales are still lagging at Priory Hill, so Danny and Dani hold a big open day to up the stakes and hope to finally sell their prized caravan. (S)(R)(AD)

10.00 Katie Price: Nothing to Hide 3/4. As Katie and Peter Andre become a power couple, a carefully orchestrated rebrand kills off 'Jordan', threatening her relationship and future. (S)(R)(AD)

11.10 Never Mind the Buzzcocks A special 1980s-themed edition, with Martin Fry, Debbie Gibson and Judi Love joining guest team captains Pepsi & Shirlie. (S)(R)(AD)
12.10 AM **Animal Control** (S2) (R)
1.10 **Evil** 9/10. A terrifying figure stalks people who have invested in a stock tip. (S3) (S)(R)
2.10 **Grimm** 19/22. (S5) (S)(R)
3.00 **Hawaii Five-0** (S6) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm The Band New edition (S) **11.10** FILM I Am Legend (S)(AD) (2007, 15, 95min) ★★★★ **12.45am** Alan Carr's Picture Slam (S)(R) **1.30-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm Wales' Home of the Year Series finale (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
7.00pm Our Lives New edition (S) **7.30** Escape to the Country (S)(R) **8.30** Digging for Britain (S)(R)(AD) **9.30-10.20pm** NEW SERIES The Devil in the Family: The Fall of Ruby Franke (S)(AD)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Y Sioe New edition **12.00noon** Newyddion **12.05pm** Y Sioe New edition **2.00** Newyddion **2.05** Y Sioe New edition **5.00** He-Man a Meistri'r Bydysawd **5.25** Chwarter Call **5.40** Larfa **5.45** Cuddio **6.00** 3 Lle **6.30** Gwlad y Basg: Gwilym Bowen Rhys **6.59** Newyddion **7.00** Heno o'r Sioe New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Seiclo: Tour de France New edition **8.55** Newyddion a'r Tywydd **9.00** Y Sioe New edition **10.00** Jason Mohammad: Stadiymau'r Byd **11.00** Yr Afon **12.00m't-1.05am** Y Sioe

TV&Streaming week
Best for Sky and Virgin

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** A search for deadly creatures in the swamps of Louisiana. **7.30** Steve Backshall learns how to hypnotise sharks in the Bahamas.
8.00 **Top Gear: Polar Challenge** A land race from Canada to the North Pole.
9.00 **The Traitors Canada** New editions 3/10. The players are shocked to find four people absent from the breakfast table. **9.50** 4/10. Suspicion intensifies inside the manor. **10.40** 5/10. The remaining guests examine exchanges between certain players. **11.30** 6/10. The assassins see a trapping opportunity.
12.15 AM FILM **My Old Ass** Sci-fi comedy starring Maisy Stella and Aubrey Plaza. (2024, 15, 89min) ★★★★
1.40 **Hunting the Rolex Rippers** Documentary.
2.05 **Sin City: The Real Las Vegas** 1&2/2. Documentary.
3.35 **to 3.50** AM **Pobl Bachyn**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Cardiff.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **George Clarke's Old House, New Home** George meets a woman in West Yorkshire who is moving back into her childhood home, which was last decorated by her parents in the 1960s.
6.55 **Location, Location, Location** The hosts catch up with house-hunters who were looking for a new start.
7.55 **Grand Designs** A couple build a unique, low-impact family house in the rural hills of Pembrokeshire.
9.00 **The Reclaimers: Made in Suffolk** New edition Andy and Jonah head out on a speculative barn clear-out near Norwich, while Hayley keeps the business moving and restores theatre chairs.
10.00 **24 Hours in A&E** The team treat a girl who fell off a climbing frame at school.
11.05 **24 Hours in A&E** The team treat a 78-year-old man who suffered a cardiac arrest at the gym.
12.10 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
3.20 **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael meets a Bay City Rollers guitarist.
7.30 **Walking with Shappi Khorsandi** The author walks through the Peak District.
8.00 FILM **Jesus Christ Superstar** Musical based on the Andrew Lloyd Webber and Tim Rice stage show about the last few days of Christ's life. Stars Ted Neeley. (1973, PG, 107min) ★★★
9.40 **Norman Jewison: Hollywood Veteran – HardTalk** An interview with the Hollywood director.
10.05 FILM **In the Heat of the Night** Oscar-winning thriller starring Sidney Poitier and Rod Steiger. (1967, 12, 109min) ★★★★★
11.50 **Rod Steiger: Scene by Scene** An interview.
12.40 AM **Castles: Britain's Fortified History**
1.40 **Rod Steiger: Scene by Scene** An interview.
2.30 **Walking with Shappi...**
3.00 **to 3.30** AM **Great British Railway Journeys**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From Cheshire.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** Pranks that backfire.
11.00 **Below Deck**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons** Four episodes of the animation.
7.00 **The Simpsons** *Halloween of Horror:* Lisa is traumatised at Krustyland Horror Night. **7.30** *Friend with Benefit:* Lisa makes friends with a girl whose father is a billionaire.
8.00 **Below Deck** New edition The crew pull together for the last charter of the season – and it proves to be an explosive one, as uncertainties over rivalries and romances linger.
9.00 **Gogglebox** Opinions on *Scam Interceptors, Made in Chelsea* and *Peaky Blinders.*
10.00 **Gogglebox** *Freeze the Fear with Wim Hof* is appraised.
11.05 **Naked Attraction**
12.10 AM **First Dates**
1.15 **Below Deck**
2.10 **Abbott Elementary**
2.35 **The Goldbergs**
3.50 **Brooklyn Nine-Nine**
4.40 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 | 306 | 30 | 123 | 256

Thursday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Brit Cops: Rapid Response**
10.00 **Border Security USA**
11.00 **Bull** 9/22. (S6)
12.00 NOON **FBI** 4&5/22. (S1)
2.00 PM **The Rookie** 18/22. Officer Harper takes matters into her own hands as she makes a life-changing decision. (S4)
3.00 **Law & Order: Criminal Intent** 12/16. A poet's girlfriend is found murdered. (S8)
4.00 **Nothing to Declare**

10.00 **FBI**

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9.00 NEW SERIES **CIA** *Directed Energy:* 1/12. Crime drama starring Tom Ellis and Nick Gehlfuss. *See feature, page 4.* (S1)

10.00 **FBI** *Pilot:* 1/22. First episode of the drama starring Missy Peregrym. A bomb devastates an apartment building. (S1)
11.00 **FBI** 2/22. The agents look into a string of fatal poisonings. (S1)
12.00 M'T **The Rookie** 15/22. (S4)
1.00 AM **FBI: Most Wanted** (S1)
2.00 **FBI: International** 1/13. (S3)
3.00 **Road Wars**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Deadwood** 9&10/12. (S3)
10.00 **Homicide: Life on the Street**
12.00 NOON **Billions** 1&2/12. (S3)
2.10 PM **The White Lotus** (S2&3)
4.40 **Gomorrah** 7/10. Genny asks some businessmen for cash to fund a new load of cocaine. **5.45** 8/10. To win the market, Genny starts dumping cocaine at half price. Subtitled. (S5)
6.50 **The Gilded Age** 6/8. George heads to Pittsburgh to deal with the potential strike. (S2)

9.00 **The Five-Star Weekend**

7.55 **The Gilded Age** *Wonders Never Cease:* 7/8. Bertha begins to rethink her loyalty to the Metropolitan Opera, and George strikes a deal with union leader Bill Henderson. (S2)

9.00 **The Five-Star Weekend** New episode *Saturday Morning: Shopping in Town:* 3/8. Brooke and Gigi bond. **9.45** *Saturday Afternoon –The Spa:* 4/8. The friends head to a spa. (S1)
■ Entire series on Box Sets
10.45 **All Her Fault** 2/8. A press conference turns ugly. (S1)
11.50 **DTF St Louis** 6&7/7. (S1)
2.00 AM NEW SERIES **Station Eleven** 1/10. Post-apocalyptic drama starring Mackenzie Davis and Himesh Patel. **3.00** New episode 2/10. (S1)
4.00 **Billions** 3/12. (S3)
5.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.30 **Dress to Impress**
8.30 **Olivia and Alex: Parenthood**
9.30 **The Only Way Is Essex**
10.30 **Real Housewives of Salt...**
11.20 **Real Housewives of Orange...**
12.15 PM **Dinner Date**
1.15 **Supermarket Sweep**
2.15 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** New edition
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

9.00 **Love Island**

7.00 **The Floor USA** New edition Rob Lowe hosts the American version of the dramatic, fast-paced game show.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 **Love Island** New edition Relationship-based reality show in which singletons seeking romance compete in the hope of finding love.

10.05 **Love Island: The Debrief** New edition Companion show to the reality series.
10.35 **Family Guy** 7/18. Stewie falls in love with an old friend. (S5)
11.05 **Family Guy** 2/18. Peter feels devastated when his parents get a divorce. (S5)
11.35 **American Dad!** (S16&5)
12.35 AM **Bob's Burgers** (S14)
1.30 **Deal or No Deal**
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *The Point of Balance:* Rivalries behind the scenes at a touring dance show lead to murder.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Sweet Sixteen:* Mike struggles to deal with his wife's departure, but finds a shoulder to cry on.

5.50 **Heartbeat**

6.55 **Heartbeat** *She's Leaving Home:* Carl Lomax's case comes to court – attracting a local reporter's attention.

8.00 **Vera** *Old Wounds:* The detective investigates the death of a teenager who disappeared during the 1984 miners' strike, when her remains are discovered 30 years later.

10.00 **Grantchester** 1/6. DC Phil Wilkinson arrests Sidney on a charge of sexual assault made by Harding Redmond after reading entries in his daughter's diary. (S2)
11.00 **Grantchester** 2/6. Sidney and Geordie investigate a lecturer's fatal fall. (S2)
11.50 **Trial & Retribution**
2.00 **to 2.30** AM **George and Mildred**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Dempsey and Makepeace**
9.10 **Boon**
10.15 **The Champions**
11.20 **BattleBots**
12.25 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.45 **Boon**
4.50 **The Champions** *The Nutcracker:* The team learn of an attempt to steal a secret file and investigate a lord.
5.55 **Minder** *Don't Tell Them Willie Boy Was Here:* Guest stars Alfred Marks and Paul Barber.

7.00 **River Monsters**

7.00 **River Monsters** A creature in Central America. **7.30** Stories of primordial bloodsuckers in the Pacific Northwest.

8.00 **Sharpe** *Sharpe's Rifles:* 1/2. Swashbuckling adventure starring Sean Bean and Brian Cox. Rifleman Sharpe is promoted for saving General Wellesley's life and sent behind enemy lines to rally Spanish support. (S1)

10.10 **The Motorbike Show** Henry Cole participates in an event at Oulton Park, and also joins drag-bike competitors for a race.
11.10 **Black Sails** 1/10. Flint and Silver face judgement. (S2)
12.10 AM **Hell's Kitchen**
1.05 **The Champions** As 4.50pm.
2.00 **Minder** As 5.55pm.
3.00 **Teleshopping**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Hidden Lives** Peter Ross visits the Bo'ness Fair.
8.00 **Beechgrove Garden** New edition Kirsty Wilson and Brian Cunningham work on the borders.
8.30 **Scotland's Greatest Escape** A father and daughter try out three well-being retreats.
9.00 NEW SERIES **Granite Harbour** 1/3. Return of the crime drama. A missing persons case turns into a murder investigation. *See feature, page 12.* (S3)
■ Full series on BBC iPlayer
10.00 **Scot Squad** 5/5. PCs Hugh McKirdy and Surjit Singh pick up a friend on their travels. (S3)
10.30 **Cumming to the Cabaret!** Double bill.
11.20 **Des Doesn't Do... Horror**
11.50 PM **to 12.00** M'T **Loop**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Breeders** 7&8/10. (S4)
10.00 **Upright** 7&8/8. (S2)
11.15 **Will & Grace** (S6)
12.15 PM **The Rehearsal** (S2)
1.35 **Upright** 7&8/8. (S2)
2.45 **Will & Grace** (S5)
3.45 **Hacks** (S3&4)
5.00 **Community** (S6)
6.00 **Will & Grace** (S6)
7.00 **The Office (US)** 24/25. Michael, Jim and Karen vie for a position. **7.30** 25/25. Jan decides to move in with a hesitant Michael. (S3)
8.00 **Breeders** 7/10. Paul and Ally take a holiday without the kids. **8.30** 8/10. Paul and Ally hear that Maya is giving birth early. (S4)
9.00 **Jack Dee: Small World**
10.30 **Hacks** (S3&4)
11.45 **Breeders** 7&8/10. (S4)
12.45 AM **Community** (S6)
1.50 **The Rehearsal** (S2)
3.15 **Upright** 5&6/8. (S2)
4.30 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Pavarotti in the Park**
8.10 **The Joy of Painting**
9.10 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Hugh Grant: Love Language**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **Discovering**
4.00 **From the Vaults**
5.00 **Portrait Artist 2021**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Discovering**
9.00 **Gene Kelly: An American in Hollywood**
10.15 **Michael Caine: The Becoming of a Hollywood Star**
11.30 **The Directors**
12.30 AM **Discovering Romance on Film**
2.00 **Backstage**
3.00 **Discovering**
4.00 **The Art of the Garden**
5.00 **to 6.00** AM **Hugh Grant: Love Language**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: Canada's Front Line**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 15/26. (S5)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** *Galaxy's Child:* 16/26. The crew encounter an orphaned alien creature. (S4)
8.00 **Police 24/7**
9.00 **Caught on Dashcam**
11.00 **Star Trek: Enterprise**
12.00 M'T **Fantasy Island**
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** A walking football team take part.
3.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson gives six new contestants the chance to win a fortune.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Alex M takes on the infamous Banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **The 1% Club Rollover** Special edition of the quiz hosted by Lee Mack.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** As 4.00pm.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Bake Off: The Professionals**
8.00 **Bake Off: The Professionals – The Final** The finalists have 12 hours to prepare a banquet for a ball.
9.00 **Grand Designs** A couple build a house inspired by American modernist properties.
10.00 **The Piano** Claudia Winkleman and Mika are joined by jazz superstar Jamie Cullum.
11.05 **Celebrity Gogglebox**
12.05 AM **Gogglebox**
1.05 **Murder Case: The Digital Detectives**
2.10 **Crime Scene Cleaners**
3.10 **The Dog House**
4.05 **to 5.05** AM **Bake Off: The Professionals**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **Warehouse 13** (S2)
4.00 **Stargate SG-1** 14/22. (S7)
5.00 **Star Trek: Voyager** 8/26. Chakotay leads a shuttle crew into a spatial anomaly in a bid to retrieve a historic Mars mission spacecraft. (S6)
6.00 **Star Trek: Enterprise** 5/24. Archer and his team are attacked by Vulcans. (S3)

8.00 Stargate SG-1

7.00 **Stargate Atlantis** *Sunday:* 17/20. The team's holiday is cut short when a mysterious blast rips through the city. (S3)

8.00 **Stargate SG-1** *Fallout:* 14/22. The team return to the planet of Kelowna to rescue it from destruction. (S7)

9.00 **Resident Alien** *Birds of a Feather:* 4/10. Harry travels to the Ute reservation to help Asta's grandmother. (S1)

10.00 **Grimm** *Into the Schwarzwald:* 12/22. Nick and Monroe find a treasure in Germany that has been hidden for centuries (S5)

11.00 **The Walking Dead** 2/16. Carol and Morgan arrive at The Kingdom, a bucolic community that has survived against the odds due to the shrewd work of its leader. (S7)
12.00 M'T **Resident Alien** (S1)
1.00 AM **Warehouse 13** (S2)
3.00 **The Walking Dead** (S7)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S6)
9.00 **Shakespeare & Hathaway: Private Investigators** (S1)
10.00 **The Mentalist** As 4.00pm.
11.00 **Hudson & Rex** 2/16. (S6)
12.00 NOON **Unforgettable** (S4)
1.00 PM **Death in Paradise** (S11)
2.00 **Murdoch Mysteries** (S6)
4.00 **The Mentalist** 5/22. The 100th episode. (S5)
5.00 **Hudson & Rex** 2/16. (S6)
6.00 **Shakespeare & Hathaway: Private Investigators** 9/10. The duo look into a campaign of culinary sabotage. (S1)

6.00 Shakespeare & Hathaway

7.00 **Private Eyes** *Disappearing Act:* 9/10. Shade and Angie track a magician who pulled off the ultimate trick. (S1)

8.00 **Death in Paradise** *Double Bogey:* 2/9. The arrival of a long-lost brother to a family-run golf club culminates in murder. (S11)

9.00 **Death in Paradise** *Serving Up Murder:* 3/8. A famous chef is poisoned at the opening of his latest hotel. (S13)

10.00 **Father Brown** *The Winds of Change:* The priest discovers a killer is using Kembleford's model village to plan their attacks.

11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Father Brown** *The Resurrectionists:* The sleuthing priest investigates a case of body-snatching.
1.00 AM **Death in Paradise** (S11)
2.00 **Murdoch Mysteries** (S6)
3.00 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
9.00 **The Green Green Grass**
9.40 **Are You Being Served?**
10.20 **Last of the Summer Wine**
11.40 **Ever Decreasing Circles**
12.20 PM **Only Fools and Horses**
1.00 **Keeping Up Appearances**
1.35 **Dad's Army**
2.20 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Ever Decreasing Circles**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

9.40 The Office

7.00 **Only Fools and Horses** One of Del's old flames turns up out of the blue.
7.40 **Dad's Army** Captain Mainwaring tries to acquire equipment for the Home Guard platoon.
8.20 **Are You Being Served?** A fire drill disrupts the department store.

9.00 **Porridge** First episode. Fletcher helps new prison inmate Godber settle in.
9.40 **The Office** David uses the staff's appraisals as another opportunity to share his wisdom.
10.20 **Not Going Out** Lee checks himself for lumps – with unexpected results.

11.00 **Colin's Sandwich** Colin is given the chance to be published.
11.40 **Porridge**
12.20 AM **The Office**
1.00 **Not Going Out**
1.40 **Colin's Sandwich**
2.15 **Don't Wait Up**
2.50 **to 4.00** AM **Hi-de-Hi!**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.05 AM **Storage Hunters UK**
7.45 **Border Force: America's Gatekeepers** Double bill.
9.40 **Rick Stein's Far Eastern...**
10.40 **Rick Stein's Long Weekends**
11.40 **Top Gear** Double bill.
1.40 PM **Mortimer & Whitehouse: Gone Hogmanay Fishing**
3.00 **Robson Green: World's Most Amazing Walks** Scotland.
4.00 **The Hairy Bikers: Mums Know Best** Comfort food.
5.00 **Rick Stein's Far Eastern Odyssey** A visi to Bangladesh.
6.00 **Rick Stein's Long Weekends**

8.20 Would I Lie to You?

7.00 **Mortimer & Whitehouse: Gone Hogmanay Fishing** Bob and Paul travel to Scotland to fish for salmon in the rivers Dee, Tay and Ericht.
8.20 **Would I Lie to You?** With Deborah Meaden, Bernard Cribbins, Patrick Kielty and Mark Watson.

9.00 **QI XL** Guests Sarah Millican, Ross Noble and Colin Lane join regular panellist Alan Davies and host Stephen Fry.

10.00 **Have I Got a Bit More News for You** Richard Ayoade hosts the quiz, with Richard Osman and Kiri Pritchard-McLean.

11.00 **Taskmaster** The contestants have to fill an egg cup with tears and play squash.
12.00 M'T **Mock the Week** With Ed Byrne and Josh Widdicombe.
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Jason Manford.
3.00 **to 4.00** AM **Taskmaster**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.20 **Classic Holby City**
10.40 **Casualty**
11.40 **The Bill**
12.50 PM **Classic EastEnders**
2.00 **Neighbours**
3.00 **Pie in the Sky**
4.00 **Lovejoy**
5.20 **Waiting for God**
6.00 **Last of the Summer Wine** Alvin and Entwistle try their hands at matchmaking. **6.40** Clegg and Truly reminisce about Compo.

8.00 The Marlow Murder Club

7.20 **Last of the Summer Wine** Lenny and his assistant Cliff return to the village. With Tommy Cannon and Bobby Ball.

8.00 **The Marlow Murder Club** 1/6. A baronet dies alone in his study the day before his wedding. Stars Samantha Bond.

9.00 **The Marlow Murder Club** 2/6. As the suspects' alibis stack up, Judith, Becks and Suzie are pushed to their limits. (S2)

10.00 **New Tricks** *1984:* The team re-examine the unsolved case of a peace protester found dead near a nuclear base in 1984.
11.20 **Silent Witness** *In Plain Sight:* The team investigate when the shooting of a teenager in an armed police operation sparks a series of murders.
1.40 AM **Lovejoy**
2.40 **Waiting for God**
3.10 **to 4.00** AM **Darby and Joan**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 16-18/22. (S20)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Prime Cut:* 9/10. The team interrogate the suspected killer of a Marine captain. **7.00** *Reef Madness:* 10/10. Three bodies are found on a ship. (S21) **8.00** *Empty Nest:* 1/20. An undercover agent goes missing. (S22)
9.00 **Blue Bloods** New episode *Happy Endings:* 12/16. Business becomes personal for Frank when Baker gets assaulted. (S11)
10.00 **Law & Order: Special Victims Unit** *Dreams Deferred:* 9/24. The team try to catch a man on a killing spree. (S14)
11.00 **Law & Order: Special Victims Unit** (S14&13)
2.00 AM **NCIS: Hawaii** (S3)
2.55 **to 3.50** AM **Wild Cards**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark** A patient with a head injury is under arrest in the car park.
10.00 **Ambulance: Code Red**
11.00 **Skin A&E**
12.00 M'T **Fare Dodgers: At War with the Law**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Winter Road Rescue**
9.35 **Trucking Hell**
10.35 **Police Interceptors**
11.30 **Gunsmoke** (S12)
12.35 PM **FILM Stranger at My Door** Western. (1956, PG, 85min) ★★
2.20 **FILM The Redhead and the Cowboy** Western. (1950, PG, 82min) ★★
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Timber Titans** New edition Duz Cho Logging faces a crisis.
11.00 **The X-Files** 3/20. (S5)
12.00 M'T **Shoplifters: Caught Red Handed**
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Brother v Brother**
5.55 **DIY SOS: The Big Build**
8.00 **Property Brothers: Under Pressure** New edition Ted and Erin inherit a house – but it's where Ted lived with his ex-wife. ■ Entire series on U
9.00 **DIY SOS: The Big Build** The team rebuild a Chelsea Flower Show garden on the roof of the Great Ormond Street Hospital. **10.00** Nick Knowles and the team transform the Monmouth home of a woman recovering from a stroke.
11.00 **Small Town Secrets**
1.00 **to 3.00** AM **Hashtag Murder**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash**
10.00 **Secret Nazi Bases**
11.00 **World War Two from Above** Documentary.
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Secret Nazi Bases**
5.00 **World War Two from Above** Documentary.
6.00 **Antiques Roadshow**
7.00 **Planet Earth III**
8.00 **NEW SERIES Bangers & Cash** Derek picks up a Mark 1 Cortina. **9.00** Charlie collects a Vauxhall Viva from a man who has owned it for over half a century.
10.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Great British Railway Journeys**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** North Yorkshire.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Celebrity Yorkshire Auction House** Double bill.
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** A collection of Victorian gadgets sees Angus geek-out over tech from a bygone age.
8.00 **Antiques Road Trip** Philip Serrell and Natasha Raskin visit south west Wales.
9.00 **The Bad Skin Clinic** Double bill of editions.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

THURSDAY Entertainment

Thursday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S4)
9.00 **Doctor Finlay** 4/7. (S3)
10.00 **Hamish Macbeth** (S2)
11.00 **Little House on the Prairie** 17&18/25. (S1)
1.00 PM **The Waltons** (S5)
4.00 **Little House on the Prairie** 17&18/25. (S1)
6.00 **Hamish Macbeth** (S2)
7.00 **M*A*S*H** 19/25. Camp morale hits a new low. **7.30** 20/25. Hawkeye volunteers for action. **8.00** 21/25. Klinger decorates his quarters. **8.30** 22/25. The medics need sleep. (S8)
9.00 FILM **Carry On Nurse** Comedy and innuendo in a hospital with the *Carry On* team, starring Kenneth Connor. (1959, b/w, PG, 85min) ★★★
10.55 **Robin's Nest** (S2)
11.55 **M*A*S*H** 19–22/25. (S8)
1.55 AM **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM **The High Chaparral**
10.10 FILM **Triple Cross** Spy thriller starring Christopher Plummer. (1966, PG, 126min) ★★
1.00 PM **The Unit** 4/13. (S1)
2.00 **Burn Notice** (S1)
4.00 FILM **Sniper Elite** Sci-fi action adventure starring Matthew Reese. (2014, 15, 91min) ★★
6.00 **The Unit** 4/13. (S1)
7.00 **Burn Notice** (S1)
9.00 FILM **Homefront** Thriller starring Jason Statham and James Franco. (2013, 15, 98min) ★★★
11.10 FILM **American Heist** Crime drama starring Adrien Brody and Hayden Christensen. (2014, 15, 94min) ★★
1.10 AM **Dragon Ball Super**
2.10 **Coast Guard Alaska**
3.10 FILM **Jetstream** Thriller starring David Chokachi. (2012, 12, 88min) ★★
4.40 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM FILM **Ruby Herring Mysteries: Prediction Murder** (2020, PG) ★★
10.05 FILM **Murder, She Baked: A Plum Pudding Mystery** (2015, PG) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S3)
2.00 **Castle** 7/23. (S4)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 8/23. (S4)
8.00 **Unforgettable** (S3)
9.00 **In Plain Sight** 11/13. (S3)
10.00 FILM **Martha's Vineyard Mysteries: Ships in the Night** Crime drama. (2021, PG, 89min) ★★
11.55 FILM **Picture Perfect Mysteries: Dead Over Diamonds** Crime drama. (2020, PG, 90min) ★★
1.55 AM FILM **Living with the Enemy** Thriller. (2005, PG, 86min) ★★
3.30 **to 5.00** AM FILM **Pretty Little Stalker** Thriller. (2018, PG, 87min) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM FILM **Home for Harvest** Romantic drama. (2019, PG, 90min) ★★
10.10 FILM **Brimming with Love** Romantic drama. (2017, PG, 90min) ★★
12.05 PM FILM **Love in Store** Romantic comedy. (2020, PG, 82min) ★★
2.00 FILM **Love on Retreat** Drama. (2023, PG) ★★
3.55 FILM **A Summer Romance** Drama. (2019, PG, 90min) ★★
5.50 FILM **The Love Gala** Romantic comedy. (2023, PG, 86min) ★★
7.50 FILM **A Slice of Romance** Drama. (2021, PG, 84min) ★★
9.45 FILM **BFF Bride** Drama. (2019, PG, 77min) ★★
11.50 FILM **Love, Romance and Chocolate** Drama. (2019, U, 84min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Love on Retreat** (2023) ★★

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** From Dorset.
1.00 PM **Celebrity Coach Trip**
2.00 **The Antiques Yard**
3.00 **Garden Rescue**
4.00 **Robson Green's Weekend Escapes**
4.45 **Edwardian Farm**
6.00 **Celebrity Coach Trip**
7.00 **Love Your Garden**
8.00 **Garden Rescue** The team attempt to create a rose garden.
9.00 **The Antiques Yard** Daniel visits a salvage yard and finds a desk used by Queen Mary.
10.00 FILM **Got It Made** Drama starring Lalla Ward. (1974, 18, 86min) ★★
11.45 **Musketeer** Short drama.
12.00 M'T FILM **On the Game** Comedy. (1974, 18) ★★
2.00 AM **The Antiques Yard**
3.00 **Edwardian Farm**
4.15 **to 5.00** AM **Robson Green's Weekend Escapes**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge**
10.30 **Bottle Boys** (S1)
11.00 **The Fenn Street Gang**
11.30 **Hallelujah** 6/7. (S1)
12.00 NOON **Man in a Suitcase**
1.00 PM **Agony** 6/7. (S2)
1.30 **Press Gang** (S1)
2.00 **Second Thoughts** (S2)
2.30 **The Fenn Street Gang**
3.00 **Hallelujah** 6/7. (S1)
3.30 **Boon** 4/13. (S5)
4.30 **Old Country**
5.00 **Stereo Underground**
6.00 **Press Gang** 1/12. (S1)
6.30 **Danger Man** (S1)
7.00 **Bottle Boys** (S1)
7.30 **Doctor in Charge**
8.00 **Man in a Suitcase** (S1)
9.00 **Drop the Dead Donkey**
10.00 FILM **My Tutor** Drama. (1982, 18, 97min) ★★
12.05 AM FILM **Children Shouldn't Play with Dead Things** Horror. (1973, 15, 87min) ★★
1.50 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **The Alaska Triangle** Documentary.
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters** Rick Fishers teams up with a gold field legend. **8.00** The Dirt Dogs encounter a find of a lifetime, while Henri and Kellie battle bad weather.
9.00 **Expedition X** Heather and Phil's quest takes them into the wilderness.
10.00 **Expedition Files**
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Jamie's 5 Ingredient Mediterranean Meals**
7.00 **Hairy Bikers' Mississippi Adventure**
8.00 **Prue Leith's Cotswold Kitchen** As 5.00pm.
9.00 **Jamie Oliver: Cooking for Less**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin: Sweet**
3.00 **Hairy Bikers' Mississippi Adventure**
4.00 **Nigella Bites**
5.00 **Prue Leith's Cotswold Kitchen** Prue is joined by cook Sarah Raven.
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Michel Roux's French Country Cooking**
10.00 **Nigel Slater's Simple Suppers** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 22/28. (S1)
9.00 **T.J. Hooker** 17/19. (S5)
10.00 **Babylon 5** 10/22. (S2)
11.00 **King Solomon's Mines** 1/2. Adventure starring Patrick Swayze.
12.50 PM **King Solomon's Mines** 2/2. Adventure starring Patrick Swayze.
2.40 FILM **Red Sun** Spaghetti Western starring Charles Bronson, Toshiro Mifune and Ursula Andress. (1971, 15, 112min) ★
5.00 **Star Trek** 24/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 11/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **A Time to Kill** Courtroom drama with Matthew McConaughey. (1996, 15, 149min) ★★★
12.05 AM FILM **The Game** Thriller starring Michael Douglas. (1997, 15, 128min) ★★★★
2.30 **to 4.55** AM FILM **Big Kill** (2019, 15) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM FILM **Super Cyclone** Disaster movie. (2012, 12, 90min) ★
11.00 **Andromeda** 3/22. (S4)
12.00 NOON FILM **Charro!** Western adventure. (1969, U, 98min) ★
2.00 PM FILM **Asteroid v Earth** Disaster movie. (2014, 15, 91min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **The Day the Earth Stopped** Thriller. (2008, 15, 90min) ★★
7.00 **Andromeda** 4/22. (S4)
8.00 **The A-Team** 21/23. (S2)
9.00 FILM **Man on a Ledge** Suspense thriller with Sam Worthington. (2011, 12, 98min) ★★★
11.05 FILM **Memorial Day** Historical drama. (2011, 15, 104min) ★★
1.15 AM FILM **Man on a Ledge** As 9.00pm.
3.15 FILM **The Day the Earth Stopped** As 5.00pm.
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From St Albans.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Container Wars**
9.20 **Hardcore Pawn**
1.05 PM **Pawn Stars**
2.05 **Money for Nothing**
3.05 **Container Wars**
4.05 **Ancient Aliens**
5.00 **Alien Files Reopened**
6.00 **Storage Wars**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **We Are Not Alone** How a musician mysteriously transported from his bed to a rainforest.
10.00 **UFO POV** What UFOs might see from their own perspective.
11.00 **The Curse of Oak Island**
1.00 AM **Alien Files Reopened**
2.00 **Cops Uncensored**
3.00 **Container Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** The Azores.
12.00 NOON **All Creatures Great and Small** (S3)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.35 **Around the World by Train with Tony Robinson** From Japan.
5.00 **Secret Life of the Forest**
6.00 **Sunken Warships: Secrets from the Deep**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **PD James: An Unsuitable Job for a Woman** *Living on Risk – Part One:* Mystery with Helen Baxendale.
10.00 **The Good Ship Murder** 5/8. Jack and Kate investigate a murder in Cape Verde. (S3)
11.00 **Prisoner: Cell Block H**
1.05 AM **Murder, She Wrote**
3.10 **to 4.00** AM **Secret Life of the Forest**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Celebrity Chase**
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Celebrities try to win cash for charity.
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show.
7.00 **Beat the Chasers**
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** With guests Nick Hancock, Jenny Eclair, Michelle Collins and Rufus Hound.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 FILM **Beverly Hills Cop II** Action comedy sequel starring Eddie Murphy as detective Axel Foley on the trail of a gang led by a six-foot blonde. With Brigitte Nielsen. (1987, 15, 99min) ★★★
11.00 **Unacceptable** Alex Brooker says 'football shouldn't come home', while Lou Sanders wants to ban pets.
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **Say Yes to the Dress: Lancashire** Reality show.
5.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** Variety show.
9.00 **Everybody Loves Raymond** (S3)
11.00 **The Upper Hand** (S3)
1.00 PM **Friends** (S6&7)
8.00 **Friends** 13/24. Phoebe starts her new job. **8.30** 14/24. The pals celebrate Rachel's 30th birthday. (S7)
9.00 **Iain Stirling's Roast the Internet**
10.00 **Stupid Central**
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **Most Ridiculous**
1.00 AM **Gods of the Game**
1.30 **The Comedy Bus**
2.00 **South Park** (S6&7)
3.00 **The Comedy Central Chart Show**
3.05 **Jack Dee Live at the Apollo** Stand-up.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S3)
6.50 **Rosie Jones Tries to Help** With Ivo Graham.
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends** 14–17/25. (S3)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S3)
7.00 **Michael McIntyre's Big Show** With Little Mix and Holly Willoughby.
8.00 **The Upper Hand** (S3)
9.00 **Friends** Eight episodes.
1.00 **8 Out of 10 Cats**
1.50 **Michael McIntyre's Big Show** As 7.00pm.
2.50 **Most Ridiculous**
3.35 **Impractical Jokers**
5.10 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Highlights**
10.15 **Bread** 8/14. (S6)
10.50 **Steptoe and Son** (S8)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S4)
12.35 **Man About the House**
1.10 **Goodnight Sweetheart**
1.45 **When the Boat Comes In** 14/15. Sitcom. (S3)
2.50 **Minder** 9/13. (S3)
3.50 **Just Good Friends**
4.25 **Man About the House**
4.55 **Bread** 8/14. (S6)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Rising Damp** 5/6. (S4)
6.45 **Steptoe and Son** (S1)
7.20 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 6/10. (S10)
9.00 **Benidorm** 6/7. (S6)
10.00 **Shameless** 6/16. (S5)
11.00 **Man About the House**
11.30 **Mind Your Language**
12.00 M'T **Benidorm** 6/7. (S6)
1.00 AM **Minder** 2/11. (S4)
2.05 **Duty Free** 1/7. (S3)
2.25 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Judge Judy** Real-life small-claims cases.
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids Go Skint** Chelsea girl Veronika experiences the reality of hard work in Leeds.
8.00 **Judge Judy** Real-life small-claims cases.
9.00 **Just Tattoo of Us** *Geordie Shore*'s Sam and Simon from *Love Island* test their friendship.
10.00 **Jersey Shore Family Vacation** New edition
11.00 **Geordie Shore**
12.00 M'T **Ink Master: Angels**
1.00 AM **Ink Master: Revenge**
2.45 **True Life Crime UK**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

23 July **Thursday**

Thursday

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush** Double bill.
11.00 **Building Alaska**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.00** Making road signs. **4.30** Making combination locks, caravans and erasers.
5.00 **Alaska: Homestead Rescue** The Raneys try to rescue some inexperienced homesteaders in Alabama.

9.00 Naked and Afraid: Global...

7.00 **Last Chance Garage** Mechanics fix the mistakes of other garages, and Tony Jr. rescues a 1992 Jeep found on the road.
8.00 **Last Chance Garage** Transitioning a 1969 Chevy Nova from drag racing to being street-legal.
9.00 **Naked and Afraid: Global Showdown** New edition The survivalists' primitive bows are tested, and the underdogs dominate the challenge, rocking the competition before a legend is eliminated.
11.00 **The Alaska Triangle** A woman claims to be under attack from an unseen force.
12.00 M'T **Deadliest Catch**
1.00 AM **Naked and Afraid: Global Showdown**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Bad Dog!**
10.00 **Tanked** An aquarium.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat who lives inside a kitchen cabinet. **4.00** A woman whose cat will not tolerate strangers.
5.00 **Lone Star Law** Out-of-state hunters trespass to hunt.
6.00 **Dr Jeff: Rocky Mountain Vet** The doctor treats a dog that jumped from a moving car.

6.00 Dr Jeff

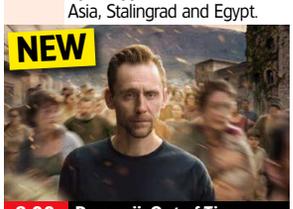
7.00 **Treehouse Masters** Treehouse visionary Alain Laurens joins Pete on his travels through France.
8.00 **Richard E Grant's Seven Deadly Sins** The actor explores the evolutionary roots of sloth, examining the role it plays in nature.
9.00 **Alaska: The Last Frontier** The family finish Grady's Perl Island cabin build, while Charlotte and August build a cat patio.
10.00 **Alaskan Bush People: Bushcraft Chronicles** The Browns recall some of their most ingenious water designs.
11.00 **The Haunted** A woman's son talks to a boy who drowned.
12.00 M'T **Crikey! It's the Irwins** The family make a trip to the Steve Irwin Wildlife Reserve.
1.00 AM **Preposterous Pets**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Disaster Autopsy**
11.00 **Car S.O.S** A Lexus IS200.
12.00 NOON **Inside Airport Lost & Found** Documentary.
1.00 PM **Air Crash Investigation**
2.00 **World War II: Secrets from Above** Double bill.
4.00 **Colosseum: Rise and Fall**
5.00 **Hitler's Killer Warships: Drain the Oceans** Advanced battleships in the Nazi navy.
6.00 **World War II: The Apocalypse** Battles in Asia, Stalingrad and Egypt.



8.00 Pompeii: Out of Time

7.00 **Air Crash Investigation** Investigators become suspicious when an airline suffers two accidents within six months.
8.00 **NEW SERIES Pompeii: Out of Time with Tom Hiddleston** 1/3. The actor explores the eruption of Mount Vesuvius.
9.00 **Pompeii: Out of Time with Tom Hiddleston** New edition 2/3. The hours during the eruption. *See feature, page 20.*
10.00 **Gladiators: Warriors of the Ancient World** Marcus Attilius, a Roman citizen in debt, becomes a gladiator in Pompeii.
11.00 **Air Crash Investigation** Investigators find a series of failures when a cargo plane test flight ends in disaster.
12.00 M'T **Border Protection Spain**
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **Lords of War**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Documentary.
6.30 **Storage Hunters**
9.15 **Pawn Stars** Documentary.
10.10 **Storage Wars** Double bill.
12.00 NOON **How Disney Built America** Double bill.
2.00 PM **Pawn Stars** Four editions of the series, including at: **5.00** The owner of a collection of *Toy Story* items has high hopes for big money.
6.00 **History's Greatest Picks with Mike Wolfe** Exploring the world of weird technology.

6.00 History's Greatest Picks

7.00 **Forged in Fire** Four smiths forge judge Ben Abbott's favourite blade, the Celtic Ring Knife, using the San Mai technique.
8.00 **Britain's Lost Battlefields with Rob Bell** Rob Bell visits the site of the Battle of Naseby in 1645.
9.00 **Gunpowder Siege** Detailing the story of the hunt for the men behind the Gunpowder Plot.
10.00 **Gunpowder Siege** How Robert Catesby, Thomas Wintour and Thomas Percy sought to ignite a Catholic rebellion.
11.00 **Gunpowder Siege** The fugitives barricade themselves into Holbeche House.
12.00 M'T **Secrets in the Dark** The intersection of science and the supernatural. **12.55** AM Unusual discoveries in the darkest places on Earth.
1.50 **Pawn Stars** Four editions.
5.10 **to 6.00** AM **History's Greatest Picks with Mike Wolfe**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Nineties**
7.00 **Discovering: Sally Field**
8.00 **The Directors**
9.00 **Vegas: The Story of Sin City**
10.00 **The Alien Autopsy Scandal**
11.00 **Urban Secrets**
12.00 NOON **Lancaster** The story of the bomber synonymous with the Dambusters.
2.10 PM **OJ: Made in America**
4.00 **The Directors**
5.00 **Discovering: Sally Field**
6.00 **Vegas: The Story of Sin City** 4/4. The arrival of Disney-fied hotels, casinos and megastars.

10.30 I Am Jackie O

7.00 **David Frost Vs** A look back at the journalist's interviews with Elton John, with the singer himself introducing the clips.
8.00 **FILM Amy** Asif Kapadia's documentary portrait of soul, jazz and R'n'B singer-songwriter Amy Winehouse, whose death in July 2011 followed a well-publicised history of drugs and alcohol abuse. (2015, 15, 128min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
10.30 **I Am Jackie O** A profile of Jackie Kennedy Onassis, providing a definitive exploration of her life, from First Lady to widow, unofficial royalty and fashion icon.
12.10 AM **OJ: Made in America** 4/5. OJ Simpson's trial for the murders of his ex-wife Nicole and her friend Ron Goldman.
2.00 **House of Kardashian** 1-3/3. Exploring one of the world's most powerful families.
5.00 **to 6.00** AM **Discovering: Sally Field**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Gem Hunters Down Under** Double bill.
1.00 PM **Ant Anstead: Born Mechanic**
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **NEW SERIES Outback Truckers** Australia's toughest drivers.
9.00 **NEW SERIES Outback Opal Hunters** The Bushmen encounter a hostile neighbour.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Deadly Affairs**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Chris Parker.
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Lethally Blonde** New edition A young escort meets her end.
10.00 **Murder Among Friends** New edition A tale of unbreakable oaths.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** The case of Hannegret Donnelly.
8.00 **UK Crime Files: Evil Walks the Streets** The crimes of Graham Fisher.
9.00 **UK Crime Files: Mystery of the Man in the Woods** How a young man, Tyrone France, met a disastrous end.
10.00 **Body in the Water** Exploring crime scenes where a victim's body was found in water.
11.00 **Secrets of a Murder Detective** Julian Webb.
12.00 M'T **UK Crime Files: Evil Walks the Streets**
1.00 AM **UK Crime Files: Mystery of the Man in the Woods**
2.00 **Body in the Water**
3.00 **Murder UK**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files**
9.55 **UK Crime Files: Murder of a Lonely Hearted Wife**
10.45 **Teleshopping**
11.00 **Secrets of a Murder Detective** Yang Liu.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: World's End Murders**
3.00 **UK Crime Files: No Honour Killing**
4.00 **Secrets of a Murder Detective** Michael Keen.
5.00 **Medical Detectives** A retired veteran is found dead on his boat. **5.30** A Texas love triangle turns deadly. **6.00** A July 4th weekend soon turns to tragedy. **6.30** A family mourn an unexpected death.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Patrol**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Killer in My...**
1.00 PM **Murdered at First Sight** Celine Figard.
2.00 **World's Most Evil Killers**
3.00 **Catching the Killer**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers** Lakhvir Singh.
8.00 **World's Most Evil Killers**
9.00 **Catching the Killer**
10.00 **Killer in My Village**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil Killers** True-crime.
1.00 AM **Catching the Killer**
2.00 **The Real CSI: Miami**
3.00 **Send in the Dogs**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** New Mexico.
8.35 **Treasures Decoded**
9.35 **USS Indianapolis: The Final Chapter**
10.50 **Titans of the Cold War**
11.55 **The War** As 9.35pm.
1.00 PM **America the Bountiful** New Mexico.
1.35 **Treasures Decoded**
2.35 **USS Indianapolis: The Final Chapter**
3.55 **Titans of the Cold War**
5.00 **The War** As 9.35pm.
6.05 **Treasures Decoded**
7.10 **USS Indianapolis: The Final Chapter** The discovery of the wreckage of the cruiser.
8.30 **Titans of the Cold War**
9.35 **The War** The final stages of World War Two in the Far East.
10.45 **USS Indianapolis: The Final Chapter**
12.00 M'T **Titans of the Cold War** Documentary.
1.05 **to 2.00** AM **America the Bountiful**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

THURSDAY

Thursday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Big Cats: An Amazing Animal Family** Documentary.
10.00 **New Kids in the Wild**
11.00 **Shark with Steve Backshall**
12.00 NOON **Africa's Claws and Jaws**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Big Cats: An Amazing Animal Family** Documentary.
4.00 **New Kids in the Wild**
5.00 **Shark with Steve Backshall**
6.00 **Africa's Claws and Jaws**
7.00 **Monkey Life** Double bill.
8.00 **Superbeast** Nature's athletes.
9.00 **Slovenia: Where Nature Comes First** Documentary.
10.00 **Africa's Claws and Jaws**
11.00 **Shark with Steve Backshall**
12.00 M'T **Wild Dogs: Pack vs Pride**
1.00 AM **Ol Pejeta Diaries**
2.00 **Superbeast** Nature's athletes.
3.00 **Slovenia: Where Nature Comes First** Documentary.
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Big Cats: An...**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Combat Trains**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens**
1.00 PM **Life After People**
6.00 **Mysteries from Above** A mysterious 'ghost island'.
7.00 **Alien Corridors** Examining UFO sightings in Washington State.
8.00 **Battle 360** A CGI reconstruction of World War Two battle of Santa Cruz, in which the USS *Hornet* was sunk and her sister ship the USS *Enterprise* suffered heavy casualties among the crew.
9.00 **World War II: Witness to War** How German soldiers dealt with the Eastern Front's climate and the Red Army. **10.00** Soldiers involved in the Allies' liberation of France share their first-hand stories.
11.00 **Ancient Aliens**
1.00 AM **Alien Corridors**
2.00 **Life After People**
5.00 **to 6.00** AM **Crimes That Shook Britain**

Discovery Science

167 148 179

8.00 AM **Alien Highway**
11.00 **Richard Hammond's Big**
1.00 PM **Secrets Underground**
3.00 **How the Universe Works**
6.00 **How It's Made** The making of fish replicas and siren systems. **6.30** An insight into the development of snow ploughs. **7.00** The manufacture of cufflinks and dashboards. **7.30** A look at the making of deli slicers and weather vanes. **8.00** How bowler hats and solar water heaters are made. **8.30** A look at how turntables and steam engines are made. **9.00** The making of kimchi and traditional parquet floors. **9.30** The making of raw pet food and replica police lanterns. **10.00** The development of calissons and diving watercrafts. **10.30** The making of game tables and art glass wall sconces.
11.00 **How Do They Do It?**
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Richard Hammond's Big**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Crimes That Shook Britain**
2.00 PM **Green Eyed Killers**
3.00 **Text Me When You Get Home**
6.00 **On the Case with Paula Zahn**
7.00 **The First 48**
8.00 **Green Eyed Killers** A look at the murder of Travis Alexander.
9.00 **The First 48 Presents: Critical Minutes** New edition Extraordinary cases of homicide committed in the name of love, from a couple being shot, to a hearing-impaired man being stabbed in his doorway.
10.00 **Alaska State Troopers** Officers locate a naked wolf hunter.
11.00 **K9 PD with Jim Belushi**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Europe's New Wild**
11.00 **Alaska Animal Rescue**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Heartland Docs**
2.00 **Europe's New Wild**
3.00 **World's Weirdest**
4.00 **Secrets of the Zoo**
5.00 **Yukon Vet**
7.00 **Secrets of the Zoo** The staff members throw a leaving party for two polar bears.
8.00 **Built to Survive** Phil Breslin heads into Australia's mangroves. **8.30** Phil heads to the sea for an encounter with the ferocious tiger shark.
9.00 **Wild Hunters: Deadly Killers of Africa** The continent's most iconic and deadliest predators.
10.00 **Lawless Island**
11.00 **Ultimate Airport Dubai**
12.00 M'T **World's Deadliest**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Alaska Animal Rescue**

Discovery History

161/172 147 181

7.00 AM **Expedition Unknown: Hunt for Extraterrestrials**
8.00 **Combat Dealers**
9.00 **Secrets Underground**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** The risk to manned space exploration of cosmic rays.
8.00 **Expedition Unknown: Hunt for Extraterrestrials** Josh Gates exlpores new evidence about the Roswell crash.
9.00 **Ancient Unexplained Files** New digital technology about the origins of Machu Picchu.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Secret Nazi Bases**
1.00 PM **Secret Nazi Bases**
7.00 **Secret Nazi Bases** With Nazi Germany's rise to power, a long-abandoned canal project in East Prussia is resurrected, but the true purpose of this massive waterway comes into question. **8.00** As Hitler's shadow engulfs Europe, ancient castles across the continent fall under Nazi control and are transformed to serve the ambitions of the Third Reich **9.00** Exploring the tunnels, lakes, and secret caches used by the Nazis to hide spoils of war. **10.00** Exploring the mystery of why the Nazis fought to protect the city of Luban, exploring abandoned factories, hidden tunnels and strange rumours.
11.00 **Secret Nazi Bases**
5.20 **to 6.00** AM **Great British Railway Journeys** Michael Portillo travels from Sheffield to Nantwich in Cheshire.

+1hour 266 376

ID

154 140 166

8.00 AM **Breaking Homicide**
12.00 NOON **Calls from the Inside**
1.00 PM **American Monster**
3.00 **On the Case with Paula Zahn**
7.00 **Death by Fame** Shocking true stories behind the rise, fall and murder of some of Hollywood's most promising stars, beginning with the case of Amie Harwick. **8.00** Johnny Lewis has everything any young actor could ever dream of. However, not even a spot on Hollywood's A-List could keep him from the most terrifying role of his life.
9.00 **Murder on CCTV** A case in which a terrified child called the police when his parents were shot dead in a pawn shop. **10.00** Focusing on the case of 24-year-old Ryan Lane, who went missing after receiving a mysterious phone call.
11.00 **911: Did the Killer Call?**
12.00 M'T **Signs of a Psychopath**
1.00 AM **Murder Calls**
2.00 **On the Case with Paula Zahn**
4.00 **to 6.00** AM **Death by Fame**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Big**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Bad Chad Customs**
2.00 **Ant Anstead: Born Mechanic**
3.00 **G.A.S. Extreme Customs**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Faster with Finnegan**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Faster with Finnegan** The guys transform a Miata into the ultimate nitrous toy.
9.00 **Outback Truckers** Mike and Vinnie Elliott embark on a risky cash run to salvage cars.
10.00 **G.A.S. Extreme Customs** The Galpin team take on two famous Hollywood cars.
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Faster with Finnegan**
1.00 AM **Richard Hammond's Big**
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

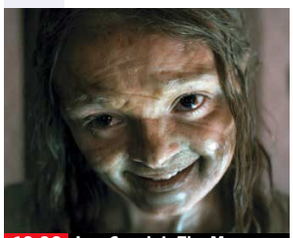
+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Grand Prix of Europe**
7.45 **Wicked: For Good** (2025)
10.10 **Anaconda** As 8.00pm.
12.00 NOON **Night Patrol** Horror. (2025, 15, 103min) ★★★
1.50 PM **In Cold Light** Crime thriller starring Maika Monroe. (2025, 15, 96min) ★★★
3.30 **Anemone** As 12.15am.
5.35 **Wicked: For Good** Fantasy adventure sequel with Cynthia Erivo and Ariana Grande. (2025, PG, 137min) ★★★



10.00 Lee Cronin's The Mummy

8.00 Anaconda Action comedy starring Jack Black and Paul Rudd. Two friends encounter a terrifying creature while remaking their favourite movie. With Thandiwe Newton and Steve Zahn. (2025, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Lee Cronin's The Mummy Supernatural horror starring Jack Reynor and Natalie Grace. The young daughter of a journalist disappears into the desert without trace – only to return eight years later. (2026, 18, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Anemone** Drama. (2025, 15, 125min) ★★★
2.25 **Redux Redux** Fantasy. (2025, 15, 109min) ★★★★
4.20 **to 6.05** AM **Grand Prix of Europe** Animated family adventure. (2025, U, 98min)

Sky Cinema Karate Kid

303 303 403 503 517

7.15 AM **The Karate Kid** (2010)
9.40 **Karate Kid: Legends** (2025)
11.30 **The Karate Kid** As 12.05am.
1.50 PM **The Karate Kid Part II** Martial arts adventure sequel. (1986, PG, 113min) ★★
3.50 **The Karate Kid: Part III** Martial arts adventure sequel. (1989, PG, 111min) ★
5.55 **The Next Karate Kid** Martial arts adventure sequel starring Noriyuki 'Pat' Morita. (1994, PG, 104min) ★★

5.55 The Next Karate Kid

8.00 The Karate Kid Martial arts adventure starring Jaden Smith and Jackie Chan. A 12-year-old American boy relocates to Beijing with his widowed mother and learns kung fu in order to protect himself from a local gang of bullies. With Taraji P Henson. (2010, PG, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 Karate Kid: Legends Martial arts adventure sequel starring Jackie Chan. A kung fu prodigy embarks on a journey to enter the ultimate karate competition. (2025, 12, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Karate Kid** Adventure starring Ralph Macchio. (1984, 12, 127min) ★★★★
2.20 **The Karate Kid Part II**
4.25 **Sky Cinema Preview**
5.25 **to 7.35** AM **The Karate Kid: Part III** As shown at 3.50pm.

Sky Cinema Drama

310 310 410 510 524

7.15 AM **Boy Meets Boy** Drama. (2021, 15, 75min) ★★★
8.40 **Cicada** As shown at 2.25am.
10.30 **...And Justice for All** (1979)
12.40 PM **Lee** Biopic starring Kate Winslet. (2023, 15, 117min) ★★★
2.45 **One Battle After Another** Oscar-winning action thriller. (2025, 15, 161min) ★★★★★
5.35 **Catch Me If You Can** Adventure. (2002, 12, 141min) ★★★★★

8.00 True Grit Western remake starring Jeff Bridges and Hailee Steinfeld. A teenage girl seeking to avenge her father's murder turns to a drunken US Marshal for assistance. With Matt Damon and Josh Brolin. (2010, 15, 110min) ★★★★
10.00 A Star Is Born Drama starring Lady Gaga and Bradley Cooper, who also directed. A fading music star falls in love with a nightclub singer-songwriter. (2018, 15, 136min) ★★★★★

12.20 AM **...And Justice for All** Satirical black comedy. (1979, 15, 119min) ★★★
2.25 **Cicada** Drama starring Matthew Fifer. (2020, 15, 96min) ★★★★
4.05 **to 6.00** AM **Black Dog** Chinese drama with Eddie Peng. Subtitled. (2024, 12, 110min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.05 AM **Salem's Lot** As 5.55pm.
8.00 **Nosferatu** Horror thriller. (2024, 15, 132min) ★★★★
10.25 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
12.15 PM **Mad Max Beyond Thunderdome** Futuristic thriller sequel. (1985, 15, 107min) ★★★
2.15 **Gremlins 2: The New Batch** Horror comedy fantasy sequel. (1990, 12, 107min) ★★★

4.15 **Men in Black II** Sci-fi comedy sequel. (2002, PG, 88min) ★★★
5.55 **Salem's Lot** Horror thriller. (2024, 15, 109min) ★★★
8.00 **Men in Black 3** Sci-fi action comedy sequel starring Will Smith and Tommy Lee Jones. (2012, PG, 105min) ★★★★
9.55 **Get Out** Thriller starring Daniel Kaluuya and Allison Williams. (2017, 15, 104min) ★★★★★
11.45 **Westworld** Sci-fi thriller written and directed by Michael Crichton. (1973, 15, 89min) ★★★★

1.20 AM **The Toxic Avenger** Horror comedy starring Peter Dinklage. (2023, 18, 102min) ★★★
3.10 **Opus** Thriller with Ayo Edebiri. (2025, 15, 104min) ★★★★
5.00 **to 6.40** AM **Tremors** Monster chiller starring Kevin Bacon. (1990, 15, 96min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.50 AM **Playmobil: The Movie** Animation. (2019, U) ★★★
8.45 **Grand Prix of Europe** Animation. (2025, U, 98min)
10.35 **Jumanji: The Next Level** Fantasy. (2019, 12) ★★★★
12.50 PM **The Muppets Take Manhattan** (1984, U) ★★★★
2.35 **Muppets from Space** Sci-fi comedy. (1999, U) ★★★
4.10 **Sing** (2016, U) ★★★
6.00 **Matilda** Roald Dahl's fantasy tale. (1996, PG, 98min) ★★★★

6.00 Matilda

7.40 **The Bad Guys 2** Animated comedy adventure sequel with the voices of Sam Rockwell, Marc Maron and Craig Robinson. (2025, PG, 104min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.25 **Dog Man** Animated comedy featuring the voice of Pete Davidson. A half-human canine is sworn to protect and serve as he faces feline supervillain Petey the Cat. (2025, U, 89min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Teenage Mutant Ninja Turtles** Fantasy adventure. (2014, 12, 101min) ★★
12.45 AM **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy. (2016, 12) ★★★
2.40 **Cats & Dogs: The Revenge of Kitty Galore** Fantasy comedy sequel. (2010, U, 82min) ★★
4.10 **Sky Cinema Preview**
4.50 **to 6.35** AM **The SpongeBob Movie: Sponge Out of Water** Animation. (2015, U) ★★★

Sky Cinema Action

306 306 407 507 521

6.45 AM **Novocaine** Action comedy. (2024, 15, 80min) ★★★
8.45 **Robin Hood: Prince of Thieves** Adventure. (1991, PG) ★★
11.15 **Transformers: Age of Extinction** Sci-fi adventure. (2014, 12, 166min) ★★★
2.05 PM **The Running Man** Thriller. (2025, 15, 133min) ★★★
4.25 **The 7th Voyage of Sinbad** Fantasy. (1958, U) ★★★★
6.05 **Snakes on a Plane** Thriller. (2006, 15, 105min) ★★★

6.05 Snakes on a Plane

8.00 **Transformers: The Last Knight** Sci-fi action adventure sequel starring Mark Wahlberg and Anthony Hopkins. The shape-changing robots must find an ancient artefact to protect Earth from their own creator. (2017, 12, 155min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 **Gladiator II** Historical drama sequel starring Paul Mescal. The son of a slain Roman General enters the Colosseum in an attempt to bring glory back to Rome. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.05 AM **Hancock** Action comedy fantasy starring Will Smith. (2008, 12, 92min) ★★★
2.40 **Sudden Death** Action thriller. (1995, 18, 110min) ★★★
4.35 **Sky Cinema Preview**
5.20 **to 7.15** AM **Venom: The Last Dance** Fantasy adventure. (2024, 15, 110min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.55 AM **Tootsie** Comedy. (1982, 15, 116min) ★★★★
8.55 **The Death of Stalin** Satire. (2017, 15, 106min) ★★★★
10.45 **Beetlejuice Beetlejuice** Horror comedy. (2024, 12) ★★★★
12.45 PM **Hitch** (2005, 12) ★★★
2.50 **Dumb and Dumberer: When Harry Met Lloyd** (2003, 12) ★
4.30 **Anaconda** Comedy adventure. (2025, 12, 99min) ★★★
6.20 **My Girl 2** Comedy drama sequel. (1994, PG, 99min) ★★

8.00 Mamma Mia!

8.00 **Mamma Mia!** Musical based on the hit stage show inspired by ABBA songs, starring Meryl Streep, Pierce Brosnan, Stellan Skarsgård, Colin Firth, Julie Walters and Amanda Seyfried. (2008, PG, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Mamma Mia! Here We Go Again** ABBA-themed musical sequel starring Amanda Seyfried and Lily James. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Instant Family** Comedy. (2018, 12, 118min) ★★★★
1.45 AM **National Security** Comedy. (2003, 12, 88min) ★
3.15 **The First Wives Club** Comedy starring Goldie Hawn. (1996, PG, 102min) ★★★
5.05 **The Cinema List: Bingeable**
5.35 **to 7.25** AM **Anaconda** (2025)

Sky Cinema Thriller

309 309 409 509 523

6.15 AM **The Thicket** As 3.35am.
8.15 **The Hunt for Red October** Cold War suspense thriller. (1990, PG, 135min) ★★★★
10.45 **Vanilla Sky** Fantasy drama. (2001, 15, 136min) ★★★
1.10 PM **No Country for Old Men** The Coen Brothers' thriller. (2007, 15, 122min) ★★★★
3.20 **Civil War** Action thriller. (2023, 15, 109min) ★★★★
5.20 **The Firm** Legal thriller. (1993, 15, 155min) ★★★

8.00 Black Bag

8.00 **Black Bag** Espionage hriller starring Michael Fassbender and Cate Blanchett. When a spy is suspected of treason, her husband faces the ultimate test. With Tom Burke. (2024, 15, 94min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Drop** Thriller starring Meghann Fahy. A widow's first date in years takes a terrifying turn when she is bombarded with threatening phone messages. With Brandon Sklenar and Violett Beane. (2025, 15, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Fatal Attraction** Thriller starring Michael Douglas. (1987, 15, 120min) ★★★★
1.40 AM **Dirty Harry** Police thriller starring Clint Eastwood. (1971, 15, 103min) ★★★★★
3.35 **The Thicket** Western starring Peter Dinklage. (2024, 15, 108min) ★★★
5.35 **to 7.25** AM **Drop** As 9.45pm.

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Art of Racing in the Rain** Family comedy drama. (2019, PG, 110min) ★★★
1.10 PM **The Mouse That Roared** Comedy. (1959, U) ★★★★
2.50 **The Undefeated** Western. (1969, PG, 120min) ★★★
5.10 **Sword of Sherwood Forest** Robin Hood adventure. (1961, U, 80min) ★★★
6.50 **Gemini Man** Action drama. (2019, 12, 117min) ★★

9.00 Jules

Gemini Man (film started at 6.50pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Jules** Sci-fi comedy drama starring Ben Kingsley and Harriet Harris. Residents of a Pennsylvania town are disturbed when a UFO crashes into a garden. (2023, 12, 87min) ★★★ **10 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 **Morbius** Adventure with Jared Leto. A biochemist tries to cure himself of a rare blood disease, but infects himself with a form of vampirism. (2022, 12, 104min) ★★ **11 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 **to 3.05** AM **French Exit** Comedy drama with Michelle Pfeiffer and Lucas Hedges. (2020, 15, 113min) ★★★

+1 hour 314 430 47 301 257

Sky Cinema 2026 Recap

302 302 402 502 516

7.15 AM **Sketch** Fantasy comedy. (2025, 12, 93min) ★★★★
9.00 **Super Charlie** Animation. (2025, PG, 82min) ★★★
10.30 **Blue Moon** Comedy drama. (2025, 15, 100min) ★★★★
12.20 PM **The Choral** Comedy drama. (2025, 15, 113min) ★★★★
2.20 **Mile End Kicks** Romantic comedy starring Barbie Ferreira. (2025, 15, 111min) ★★★★
4.20 **Carolina Caroline** Crime thriller. (2025, 15, 105min) ★★★★
6.20 **Honey Don't!** Comedy thriller. (2025, 15, 89min) ★★★
8.00 **Final Destination: Bloodlines** Supernatural horror starring Kaitlyn Santa Juana. Plagued by a recurring nightmare, a student returns home to save her family from a horrific fate. (2025, 15, 110min) ★★★★
10.00 **Black Phone 2** Horror thriller sequel starring Ethan Hawke. (2025, 18, 114min) ★★★★
12.00 M'T **The Internship** Crime thriller starring Lizzy Greene. (2026, 15, 87min) ★★★
1.40 AM **Mile End Kicks** As 2.20pm.
3.35 **Cookster: The Darkest Days** Drama. (2024, 15, 119min) ★★★
5.40 **to 6.00** AM **The Cinema List: Race Against Time**

Sky Cinema Greats

307 307 404 504 518

7.05 AM **Big Daddy** Comedy. (1999, 12, 95min) ★★★
8.40 **See No Evil, Hear No Evil**
10.25 **The Wedding Singer** Comedy. (1998, 12, 97min) ★★★★
12.05 PM **American Pie** Teen comedy. (1999, 15, 96min) ★★★★
1.45 **The 'burbs** Offbeat comedy. (1989, PG, 103min) ★★★
3.35 **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★
5.05 **The Naked Gun 2½: The Smell of Fear** Spoof thriller sequel. (1991, 15, 81min) ★★★
6.35 **The Naked Gun 33⅓: The Final Insult** Spoof thriller sequel. (1994, 12, 83min) ★★★
8.00 **Grease** Musical starring John Travolta and Olivia Newton-John. (1978, PG, 110min) ★★★★
9.55 **Grease 2** Musical sequel with Maxwell Caulfield and Michelle Pfeiffer. (1982, PG, 109min) ★★
11.50 **National Lampoon's Vacation** Comedy. (1983, 15, 95min) ★★
1.30 AM **See No Evil, Hear No Evil** Comedy thriller starring Gene Wilder and Richard Pryor. (1989, 15, 107min) ★★★
3.20 **Sky Cinema Preview**
4.05 **to 6.10** AM **Multiplicity** Fantasy comedy starring Michael Keaton. (1996, 12, 117min) ★★★

Disney+ Cinema

305 305

6.00 AM **The Tigger Movie** Cartoon. (2000, U, 77min) ★★★
7.25 **Ratatouille** Animated comedy. (2007, U, 106min) ★★★★★
9.20 **Alice in Wonderland** Cartoon version of Lewis Carroll's tale. (1951, U, 75min) ★★★★
10.35 **Hannah Montana: The Movie** Teen musical comedy spin-off from the Disney Channel TV show. (2009, U, 98min) ★★★
12.20 PM **A Goofy Movie** Animated comedy. (1995, U, 78min) ★★
1.40 **The Wild** Animated comedy. (2005, U, 82min) ★★
3.10 **Finding Nemo** Animation. (2003, U, 104min) ★★★★★
4.50 **The Jungle Book** Adventure. (2016, PG, 104min) ★★★★
6.40 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
9.00 **Conan the Barbarian** Action fantasy. (1981, 15, 129min) ★★★
11.10 **Hitchcock** Biopic with Anthony Hopkins. (2012, 12, 94min) ★★★
12.50 AM **Flightplan** Suspense thriller. (2005, 12, 98min) ★★★★
2.30 **National Treasure** Adventure. (2004, PG, 131min) ★★★★
4.45 **to 6.00** AM **Inspector Gadget** Adventure. (1999, U) ★★★

Movies 24

312 313 419

7.00 AM **Holiday Crashers** Comedy. (2024, PG, 90min) ★★
9.00 **An Unforgettable Christmas** Drama. (2023, PG, 90min) ★★
11.00 **Private Princess Christmas** Comedy. (2024, PG, 81min) ★★
1.00 PM **A Cowboy Christmas Romance** Festive romance. (2023, PG, 85min) ★★
3.00 **An Alpine Holiday** Comedy drama. (2025, U, 90min) ★★
5.00 **Three Wisest Men** Comedy drama. (2025, PG, 84min) ★★
7.00 **Christmas at the Catnip Cafe** Festive romantic drama starring Erin Cahill and Paul Campbell. (2025, PG, 90min) ★★
9.00 **Saving the Christmas Ranch** Romantic drama starring Brianna Cohen and Jonathan Stoddard. A ranch owner has just two days to pay back nine months of missing mortgage payments or lose her family home. (2025, PG, 120min) ★★
11.00 **Magic in Mistletoe Country** Drama. (2023, PG, 84min) ★★
1.00 AM **Letters to Santa** Festive fantasy. (2023, PG, 84min) ★★
3.00 **to 5.00** AM **Three Wiser Men and a Boy** (2024, PG) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Black Saddle** 24/24. (S2)
6.30 **Make Me an Offer** Comedy. (1954, U, 88min) ★★★★
8.15 **The Kidnappers** Adventure. (1953, b/w, U, 89min) ★★★
10.05 **House of Blackmail** Thriller. (1953, b/w, U, 72min) ★★
11.30 **Star Performance** 10/19. (S1)
12.00 NOON **Railway Murders**
1.00 PM **The Adventures of Sir Lancelot** 20/30. (S1)
1.30 **Commandos Strike at Dawn** Drama. (1943, b/w, PG) ★★
3.35 **The Super Secret Service**
4.00 **The Winslow Boy** Drama. (1948, b/w, U, 117min) ★★★★
6.20 **Strange But True**
6.55 **The Brothers** 7/13. (S3)
8.00 **Mark Saber** 20/39. (S4)
8.30 **The Wheeltappers and Shunters Social Club**
9.20 **Nobody Runs Forever** Thriller. (1968, PG, 101min) ★
11.20 **She Played with Fire** Drama. (1957, b/w, PG, 95min) ★★
1.15 AM **Travellers Yarn**
1.35 **Doomwatch** 13/13. (S2)
2.35 **Crosstrap** Crime drama starring Laurence Payne. (1962, b/w, PG, 62min) ★★★
3.50 **Look at Life**
4.00 **Burke's Law** 30/32. (S1)
5.00 **to 6.00** AM **The Rogues**

THURSDAY Sport 23 July

Thursday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.30 **LIVE Ladies European Tour Golf** Coverage of the opening day of the Women's Scottish Open held at Dundonald Links in Irvine. This is the sixth consecutive year that this event has taken place at this venue, as England's Lottie Woad looks to defend the title she won last year.
1.30 PM **Lunchtime Live**
2.00 **Sports Desk**
3.00 **LIVE The Hundred** **London Spirit v Manchester Super Giants.** Coverage of the women's match staged at Lord's in London. Start-time **3.00pm**.
6.00 **LIVE The Hundred** **London Spirit v Manchester Super Giants.** Coverage of the men's match from Lord's in London. Start-time **6.30pm**.
9.30 **LIVE World Matchplay Darts** Coverage of the sixth day of the tournament staged at Winter Gardens in Blackpool, featuring the opening two quarter-finals.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Best Goals**
8.00 **Premier League 100 Club** Didier Drogba and Erling Haaland.
9.00 **Premier League Review**
1.00 PM **Premier League Review** Back-to-back editions of the highlights show, including at: **5.00** A chance to see action from the ninth round of fixtures. **6.00** Highlights from the 10th round of games from 2025/26. **7.00** Action from the 11th round of top-flight matches. **8.00** A chance to see action from the 12th round of fixtures.
9.00 **Premier League Review** A review of the entire 2025/26 Premier League campaign.
11.00 **Premier League Years** Classic games, infamous blunders and moments of skill from the 2011/12 season – all set to a soundtrack from the time.
1.00 AM **PL Retro** A chance to see Tottenham Hotspur v Arsenal from the 2003/04 season.
3.00 **PL Greatest Games**
4.00 **Best PL Goals: 2000/01**
5.00 **to 6.00** AM **Best Premier League Goals: Solo Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **Championship Retro**
8.00 **EFL Greatest Games**
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.30 **The Story of Frank Soo**
12.00 NOON **EFL** The 2017 play-offs.
3.00 PM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **Retro League One** Another chance to see Swindon Town v Sheffield United in the 2015 play-off semi-final second-leg.
6.00 **EFL** Coventry City v Exeter City in the 2017/18 League Two final. **7.00** Rotherham United v Shrewsbury Town in the 2017/18 League One play-off final. **8.00** Highlights from Aston Villa v Fulham in the 2017/18 Championship play-off final.
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Retro** Aston Villa v Manchester United in 2010.
12.00 M'T **EFL Cup Retro**
2.45 AM **EFL Greatest Games**
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **SPFL Greatest Games**
5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred**
1.30 PM **The Hundred Bitesize**
2.45 PM **LIVE The Hundred** **London Spirit v Manchester Super Giants.** Coverage of the women's match staged at Lord's in London. Start-time **3.00pm**.
6.00 **LIVE The Hundred** **London Spirit v Manchester Super Giants.** Coverage of the men's match from Lord's in London. Both of these sides ended up on 12 points last season after picking up three victories apiece. They met in Manchester last year when the Super Giants, known as Manchester Originals before this season, won the game by 10 runs in an exciting match at Old Trafford. Start-time **6.30pm**.
9.30 **The Hundred Bitesize**
10.00 **The Hundred** Another chance to see London Spirit Men v Manchester Super Giants Men.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** Another chance to see London Spirit Women v Manchester Super Giants Women.
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

406 406 506 423 443

6.00 AM **PGA Tour: The Cut**
6.30 **HotelPlanner Tour Golf**
7.00 **The Open** The fourth day.
8.00 **PGA Tour Golf**
9.00 **Scotland's Greatest Golf Holes**
9.30 **LIVE Ladies European Tour Golf** The opening day of the Women's Scottish Open at Dundonald Links in Ayrshire.
1.30 PM **LIVE European Seniors Tour Golf** Coverage of day one of the Senior Open Championship at Gleneagles in Auchterarder.
7.00 **LIVE PGA Tour Golf** Coverage of day one of the 3M Open at TPC Twin Cities in Blaine, Minnesota.
12.00 M'T **Legends Tour Golf**
1.00 AM **HotelPlanner Tour Golf**
1.30 **DP World Tour Golf**
2.00 **PGA Tour Champions**
3.00 **PGA Tour Golf**
4.00 **Golf Academy**
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
10.00 **LIVE WTA & ATP Tennis** Coverage of the latest action from the WTA and ATP Tours, including the ATP Austrian Open, ATP Estoril Open, WTA Hamburg Open and WTA Prague Open.
9.00 PM **ATP Tennis** Swedish Open.
10.00 **ATP Tennis** Croatia Open final.
11.00 **WTA Tennis** The Iasi Open final.
12.00 M'T **ATP Tennis** The Swiss Open.
1.00 AM **Best of Serena Williams**
2.00 **ATP & WTA Tour Classics**
3.00 **Best of Serena Williams**
4.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **The Gruppetto**
6.15 **Tour de France Highlights**
7.15 **British Superbikes Rewind**
7.30 **Premier League Legends**
8.00 **Classic Premier League**
10.00 **The Gruppetto** The latest news from the world of cycling.
10.15 **Tour de France Highlights**
11.15 **LIVE Tour de France Men** The 18th stage of the men's Grand Tour race, a 185.2km mountain route from Voiron to Orcieres-Merlette. Australia's Ben O'Connor won this stage last year.
5.00 PM **LIVE MLB** **Atlanta Braves v San Diego Padres.** Coverage of the National League match held at Truist Park. Start-time **5.15pm**.
8.00 **LIVE MLB** **Toronto Blue Jays v Tampa Bay Rays.** Coverage of the American League match from Rogers Centre. Start-time **8.07pm**.
11.00 **MLB** The Home Run Derby.
1.00 AM **MLB Classic**
2.00 **Tour de France Highlights**
3.00 **Giro d'Italia Men Highlights**
4.00 **Cycling** Giro d'Italia Next Gen.
5.00 **to 6.00** AM **MLB: School of Rickey**

TNT Sports 2

411 414 522 409 431

6.00 AM **Ultimate Pool**
7.30 **TNT Sports Reload** The best bits from TNT Sports over the last week.
7.45 **TNT Sports Cricket Reload**
9.00 **LIV Golf** Recent highlights.
12.00 NOON **LIVE LIV Golf** Coverage from the first day of the 10th round of the season staged at JCB Golf and Country Club in Rocester, Uttoxeter. This event last year was won by Chile's Joaquín Niemann who claimed his fifth victory of the season in just the 11th round of 2025.
6.30 PM **LIVE Commonwealth Games** Coverage of the opening ceremony at the Hydro in Glasgow. *See feature, page 28.*
10.00 **Tom Daley: 1.6 Seconds** Tom Daley's journey from Olympic prodigy to national treasure.
11.30 **August 4th: An Olympic Odyssey** The most historic moments in the Olympic Games.
12.45 AM **Commonwealth Games**
1.45 **A-Z: Commonwealth Games**
2.15 **Tom Daley: 1.6 Seconds**
3.45 **August 4th: An Olympic Odyssey** Historic moments.
5.00 **to 6.00** AM **Commonwealth Games**

Sky Sports Action

412 410 510 426 446

6.00 AM **NFL Highlights**
7.00 **World Matchplay Darts**
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.15 **Super Bowl LX Bitesize** Seattle Seahawks v New England Patriots.
5.30 **Super League Highlights**
6.00 **NFL Highlights** Carolina Panthers v Seattle Seahawks.
7.00 **NBA on Fire** A behind-the-scenes look at the latest action.
7.30 **Darts Gold** Archive action.
8.00 **LIVE World Matchplay Darts** Coverage of the sixth day of the tournament at Winter Gardens in Blackpool, featuring the opening two quarter-finals. James Wade prevailed 16-13 against Gian van Veen and Jonny Clayton claimed a 16-7 victory against Stephen Bunting at this stage last year.
11.00 **NFL Highlights**
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super League Highlights**
2.00 **Super League** Hull Kingston Rovers v St Helens from 2025.
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.00 **Formula 1** Australian Grand Prix.
9.00 **WTA Tennis** Highlights from the WTA Doha Open final.
10.00 **LIVE WTA & ATP Tennis** Coverage of the latest action from the WTA and ATP Tours, including the ATP Austrian Open, ATP Estoril Open, WTA Hamburg Open and WTA Prague Open.
6.00 PM **Sports Desk** Sports news with live analysis and comments.
7.00 **Sports Centre** A round-up of the latest sports news.
7.30 **LIVE Super League** **Hull FC v Hull Kingston Rovers.** Coverage of the top-flight match from MKM Stadium. Kick-off **8.00pm**.
10.15 **Sky Sports News**
12.00 M'T **EFL Greatest Games**
1.00 AM **Formula 1** Action from the Chinese Grand Prix.
2.00 **WTA Tennis** Action from the Dubai Tennis Championships final.
3.00 **ATP Tennis** The Rio Open final.
4.00 **Formula 1** The Canadian Grand Prix at Circuit Gilles Villeneuve.
5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **WTA Tennis** Athens Open final.
8.00 **ATP Tennis** Croatia Open final.
9.00 **PGA Tour Golf**
10.00 **Formula 1** Belgian Grand Prix.
11.00 **NBA Basketball** Los Angeles Clippers v Oklahoma City Thunder.
12.40 PM **EFL Greatest Games**
1.00 **One-Day International Cricket**
2.00 **Super League** Hull FC v St Helens.
4.50 **EFL Greatest Games**
5.00 **LIVE Ladies European Tour Golf** Coverage of the second session on the first day of the Women's Scottish Open.
6.00 **One-Day International Cricket**
7.00 **ATP Tennis** Recent finals.
9.00 **WTA Tennis** The Iasi Open final.
10.00 **The Open** Highlights from the fourth and final day of the Major.
11.00 **ATP Tennis** The Madrid Open.
12.00 M'T **EFL Greatest Games**
1.00 AM **NBA Basketball**
2.55 **EFL Greatest Games**
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **ATP Tennis**

TNT Sports 3

413 415 523 410 432

6.00 AM **Supercars Championship**
8.00 **WRC Review** Rally Estonia.
9.00 **British Superbikes Highlights**
10.00 **TNT Sports Reload**
10.15 **LIVE AFL** **Adelaide Crows v Collingwood Magpies.** Coverage from Adelaide Oval. Bounce-up **10.30am**.
1.30 PM **British Superbikes Rewind**
2.00 **Ultimate Pool** Highlights.
3.30 **A-Z: Commonwealth Games**
4.00 **MLB Highlights**
5.00 **LIVE MLB** **Atlanta Braves v San Diego Padres.** Coverage of the National League match staged at Truist Park. Start-time **5.15pm**.
8.00 **Tour de France Highlights**
9.00 **TCR World Tour Review**
9.30 **AFL** A recent match replay.
11.00 **LIV Golf** Recent action.
12.30 AM **NWSL** Football highlights.
2.30 **Supercars Championship**
4.30 **TCR World Tour Review**
5.00 **to 6.00** AM **British Superbikes**

TNT Sports 4

414 416 524 411 434

6.00 AM **UEFA Champions League**
7.00 **UEFA Europa League**
1.00 PM **UEFA Europa League**
7.30 **UEFA Europa League** Nottingham Forest v Ferencvaros. **8.00** Action from Fenerbahce v Nottingham Forest. **8.30** Nottingham Forest v Fenerbahce at the City Ground. **9.00** Action from Nottingham Forest v FC Midtjylland. **9.30** Highlights from FC Midtjylland v Nottingham Forest. **10.30** FC Porto v Nottingham Forest at Estádio do Dragão. **11.00** Nottingham Forest v FC Porto held at the City Ground.
12.00 M'T **UEFA Europa League** Nottingham Forest v Aston Villa. **1.00** AM Aston Villa v Nottingham Forest in a semi-final second-leg.
2.00 **UFC** A chance to see Dricus Du Plessis v Kamaru Usman.
5.00 **UFC Greatest Fights**
5.30 **to 6.00** AM **Champions League**

Premier Sports 1

419 APP 528

6.00 AM **European Le Mans Series**
7.00 **NASCAR Highlights**
8.00 **World Surf League**
9.00 **Swedish Speedway**
11.00 **LaLiga** Real Madrid v Barcelona.
1.00 PM **Swedish Speedway**
3.00 **German Cup** Action from Bayern Munich v VfB Stuttgart in the final.
5.00 **NASCAR Highlights** Action from the Window World 450.
6.00 **Brasileiro Serie A** A chance to see Internacional v Cruzeiro.
8.00 **World of FreeSports**
8.30 **Top 14 Rugby Union Highlights** Season review.
9.30 **Argentine Primera** A chance to see River Plate v Belgrano.
11.30 **Sporting Greats**
12.00 M'T **European Le Mans Series**
1.00 AM **LaLiga** Another chance to see Real Madrid v Atletico Madrid.
3.00 **Sporting Countdowns**
3.30 **LaLiga** Real Madrid v Barcelona.
5.30 **to 6.00** AM **Sporting Countdowns**

Premier Sports 2

420 APP 529

6.00 AM **Challenge Cup**
10.00 **Football's Greatest**
10.30 **Bike World** Magazine.
11.00 **Rugby Junior World Championships** A chance to see Argentina U20 v England U20.
1.00 PM **Rugby Junior World Championships** A chance to see Scotland U20 v Japan U20.
3.00 **Football's Greatest**
3.30 **Rugby Junior World Championships** A chance to see France U20 v Australia U20.
5.30 **Rugby Junior World Championships** A chance to see South Africa U20 v Wales U20.
7.30 **Football's Greatest**
8.00 **Rugby Junior World Championships** A chance to see Georgia U20 v Uruguay U20.
10.00 **Rugby Junior World Championships** Another chance to see Spain U20 v Fiji U20.
12.00 M'T **Football's Greatest**
1.00 AM **EUT20 Belgium**
5.00 **to 6.00** AM **Football's Greatest**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
11.00 **GB3 Championship Highlights**
12.00 NOON **Formula 1** Highlights.
1.00 PM **Formula 1** From Belgium.
2.00 **F1 Drivers Press Conference**
2.45 **Formula 1** Hungarian Grand Prix.
3.45 **F1 Features**
4.15 **F1 Drivers Press Conference**
5.00 **Paddock Uncut: Hungary**
5.30 **Formula 1** Belgian Grand Prix.
6.30 **F1 Drivers Press Conference**
7.15 **Paddock Uncut: Hungary**
7.45 **Formula 1** Belgian Grand Prix.
8.45 **F1 Drivers Press Conference**
9.30 **Formula 1** Hungarian Grand Prix.
11.00 **F1 Drivers Press Conference**
11.45 **Paddock Uncut: Hungary**
12.15 AM **Formula 1** Belgian Grand Prix.
1.15 **F1 Features**
1.35 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

24 July

Planner

Stuart Fails to Save the Universe *COMEDY HBO Max*

In this sci-fi spin-off of *The Big Bang Theory*, we are reunited with side characters Stuart (Kevin Sussman), his girlfriend Denise (Lauren Lapkus) and physicist Barry Kripke (John Ross Bowie) after a multiverse Armageddon is triggered.

The Dink *COMEDY Apple TV*

The latest sports comedy to hit our screens this year stars *New Girl*'s Jake Johnson as a washed-up tennis pro who is forced to swallow his pride and take up pickleball to save a struggling country club. Also stars Ed Harris and Ben Stiller.

Granite Harbour

CRIME DRAMA BBC1, 8pm (Thu, BBC Scotland, 9pm; box set, BBC iPlayer)

The Aberdeen-set crime drama returns for a new three-part series. Detectives Lindo (Romario Simpson) and Bart (Hannah Donaldson) investigate a death in the Traveller community.

72 Hours

COMEDY Netflix

A 40-year-old advertising executive (Kevin Hart) is accidentally added to a group chat about an forthcoming bachelor weekend – and decides joining the Gen Zers in Miami will be the perfect way to inject fresh life into his struggling career.

Friday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives †	7.30 The Travelling... †	8.00 Granite Harbour		9.00 Would I Lie to...	9.30 Ann Droid	10.00 News; Local News	10.40 Austin
	102 BBC2	7.00 Grand Tours of...	7.30 Beechgrove...	8.00 Gardeners' World		9.00 Bergerac			10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Abbey Clancy... †	8.00 Emmerdale	8.30 Coronation...	9.00 The Twisted Tale of Amanda Knox			
	104 CHANNEL 4	7.00 News		8.00 Surgery Secrets of the Super Rich		9.00 Celebrity Gogglebox		10.00 Big Fat Quiz: Best Bits	
	105 5	7.00 Tour de France 2026		8.00 Michael Palin in Venezuela		9.00 Boris Johnson: Into Ukraine's Kill Zone			
	106 SKY ONE	7.00 The Simpsons		8.00 The F1 Show		9.00 An Idiot Abroad 2		10.00 Ricky Gervais: Fame	
ENTERTAINMENT	115 BBC3		7.05 Deadly 60	8.00 Film: Horrible Histories: The Movie			9.30 Ludwig		10.30 Fleabag
	116 BBC4	7.00 Prog Rock at the Proms				9.00 TOTP: 2000	9.30 TOTP: 1982	10.00 TOTP: 1986	10.30 Prog Rock at...
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Love Island		10.05 Love Island...	10.35 Family Guy
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 The Sommerdahl Murders			
	135 E4	7.00 The Simpsons		8.00 Supercruising: Life at Sea		9.00 Film: American Pie			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Chicago Fire		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	‹ 6.50 The Gilded Age				9.00 Station Eleven			
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Keeping Up Appearances	8.20 Are You Being Served?		9.00 Porridge		10.20 Not Going Out	
	111 U&DAVE	7.00 Mortimer & Whitehouse	7.40 Would I Lie to You?	8.20 Would I Lie to You?		9.00 QI XL		10.00 Magnum P.I.	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Doc Martin				10.00 Grantchester	
	120 ITV4	‹ 6.55 Sharpe				9.00 Ice Road Truckers: Deadliest Roads		10.00 Wrestling: AEW Dynamite	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Bradley & Barney Walsh: Breaking Dad		10.00 Jack Whitehall Live	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Resident Alien		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Father Brown				10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Live from Abbey Road			
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Pete Wicks: For Dogs' Sake					
DOCUMENTARY	125 DISCOVERY	7.00 Gold Rush: Mine Rescue with Freddy & Juan				9.00 Expedition Files		10.00 Mystery at Blind Frog Ranch	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 River of No Return		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Bushcraft...	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Hitler Youth				10.00 Mega Marine Machines	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Secrets of Great British Castles		9.00 The Witches of Salem		10.00 Gangland Chronicles	
	155 U&YESTERDAY	7.00 Asia		8.00 Citizen Smith	8.40 Some Mothers Do 'Ave 'Em			10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	‹ 6.00 Hitsville: The Making of Motown		8.00 Tina					10.10 The Truth vs Alex Jones

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** Series finale (S)(AD)
10.15 **The Moment of Proof** (S)(R)(AD)
10.45 **Expert Witness** Series finale (S)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **The Hairdresser Mysteries** New episode *Knickerbocker Gloria:* 2/6. A celebrity weather reporter is found dead. (S1) (S)(AD) ■ Entire series on BBC iPlayer
2.45 **Rick Stein's Australia** (S)(R)(AD)
3.15 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition (S)
4.30 **The Travelling Auctioneers** (S)(R)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.30 Ann Droid

7.00 **NEW Our Lives: Hunting the Giant Bluefin Tuna** The Atlantic bluefin tuna's return to Northern Ireland. (S)
7.30 **The Travelling Auctioneers** A couple auction their treasures to fund their daughter's specialist physiotherapy. (S)(R)
8.00 **NEW SERIES Granite Harbour** 1/3. Return of the crime drama starring Romario Simpson. A missing persons case turns into a double murder investigation. *See feature, page 12.* (S3) (S)(AD) ■ Entire series on BBC iPlayer
9.00 **Would I Lie to You?** With guests Nabil Abdulrashid, Lucy Beaumont, Gethin Jones and Francesca Mills. (S)(R)
9.30 **Ann Droid** New episode 2/6. Sue offers to work at the charity shop. (S1) (S) ■ Entire series on BBC iPlayer
10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Austin** New episode 5/8. Ingrid discovers who is secretly writing *Big Bear.* (S2) (S)(AD) ■ Entire series on BBC iPlayer
11.05 **Austin** New episode 6/8. After appearing on a podcast and getting Haley fired, Austin faces a family intervention. (S2) (S)(AD)
11.35 **FILM La La Land** Musical starring Emma Stone and Ryan Gosling. An actor and a struggling jazz musician fall in love and attempt to realise their respective dreams in Los Angeles. (S)(AD) (2016, 12, 120min) ★★★★★
1.35 AM **Weather for the Week Ahead**
1.40 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Animal Park** (S)(R)(AD)
7.15 **The Bidding Room** (S)(R)
8.00 **Sign Zone: Marcus Wareing Simply Provence** (S)(R)
9.00 **BBC News** (S)
12.30 PM **Political Thinking with Nick Robinson** Topical discussion. (S)
1.00 **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Game show. (S)(R)
2.15 **Lightning** Quick-fire quiz. (S)(R)
2.45 **The Farmers' Country Showdown** From Cumbria. (S)(R)
3.15 **The Hidden World of Hospitality with Tom Kerridge** (S)(R)(AD)
4.15 **Wild Brazil** (S)(R)(AD)
5.15 **Flog It!** From Norwich. (S)(R)
6.00 **Richard Osman's House of Games** Quiz show. (S)(R)
6.30 **Just One Thing** A 'reverse-moves' approach to exercise. (S)(R)(AD)

8.00 Gardeners' World

7.00 **Grand Tours of Scotland's Lochs** Paul Murton makes his way to Loch Moidart. (S)(R)
7.30 **Beechgrove Garden** New edition Kirsty Wilson and Brian Cunningham work on the garden's borders. (S)
8.00 **Gardeners' World** New edition Monty Don and his team of horticultural experts offer viewers at home more gardening tips, from their base in Monty's garden in Herefordshire. (S)
9.00 **NEW TO BBC2 Bergerac** *Person of Interest:* 1/6. Modern re-imagining of the Jersey-set drama, starring Damien Molony. A member of one of Jersey's wealthiest families is murdered. (S)(AD) **9.45** New episode *Play Nicely:* 2/6. The police are desperate to find a kidnapped baby before it is too late. *Previously shown on U&Drama.* (S1) (S)(AD) ■ Entire series on BBC iPlayer
10.30 **Newsnight** (S)
11.05 **FILM PREMIERE Janet Planet** Coming-of-age drama starring Zoe Ziegler, Julianne Nicholson and Will Patton. An 11-year-old girl drifts into a fantasy world as three visitors take an interest in her mother. (S) (2023, 12, 105min) ★★★★ *See review, page 27.*
12.50 AM **Sign Zone: Panorama – There's a Gangster In My Flat** (R)
1.20 **Sign Zone: Natalie Cassidy – Caring Together** (S)(R)(AD)
1.50 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
1.30 PM **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and the team are at Newcastle racecourse where a diamond and gold necklace has Henry Nicholls digging deep, and Helen Gardiner has to weigh up the odds as she is confronted with a pair of jockey scales. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts as Carolyn takes on the infamous Banker. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.30 Coronation Street

7.30 **Abbey Clancy: Celebrity Homes** Abbey visits beauty and fashion influencer Lorna Luxe's super-modern subterranean home before dropping in on author and businesswoman Jo Wood's off-grid farmhouse. (S)(R)
8.00 **Emmerdale** Dawn is not happy about Billy dating Gabby. (S)(AD)
8.30 **Coronation Street** Maria struggles with the impact of Gary's involvement as Sarah finally confesses to Theo's murder. (S)(AD)
9.00 **The Twisted Tale of Amanda Knox** New episode 3/8. As Amanda, Raffaele and Patrick Lumumba enter prison, their prosecutor builds his case against them, while the media turn Amanda into a monster. (S)(AD)
10.05 **The Twisted Tale of Amanda Knox** New episode 4/8. A wrench is thrown in Mignini's case and the search for a new suspect begins. As the trial unfolds, Amanda's choices continue to be scrutinised. (S1) (S)(AD)
11.00 **ITV News** (S)
11.35 **Local News** (S)
11.50 **Inside the Langham: Britain's First Grand Hotel** Following life at the central London hotel, with chef Oliver managing a culinary crisis as Michel Roux hosts the biggest dinner of the year. (S)(R)(AD)
12.15 AM **Teleshopping**
3.00 **Nobody's Fool** (S)(SL)(R)(AD)
3.50 **Long Lost Family** (S)(SL)(R)(AD)
4.45 **to 6.00** AM **Unwind with ITV** (S)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 14-16/28. (S11) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 15-18/24. (S2) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** In Cheshire, the cast rehearse the local panto on Kim's boat. (S)(R)(AD)
5.00 **Chateau DIY** At Château de Lalacelle, Terry and Ashley finish their garden makeover. (S)(R)(AD)
6.00 **Four in a Bed** The B&Bers air their grievances. (S)(R)
6.30 **Come Dine with Me** On the fifth and final night in Belfast, amateur pilot James serves up a Mexican-inspired menu. (S)(R)

2.10 Countdown

7.00 **News** (S)
8.00 **Surgery Secrets of the Super Rich** New edition 2/6. Business executive Phoebe undergoes a lunchtime boob job, and brand executive Ziad is on a mission to get rid of his under-eye bags. (S)(AD)
9.00 **Celebrity Gogglebox** Series finale A look back at the best moments from the recent series, as famous faces offer their thoughts on *Coronation Street, Canal Boat Diaries* and *Open House: The Great Sex Experiment.* (S)(AD)
10.00 **Big Fat Quiz: Best Bits** New edition Jimmy Carr presents shocking, surprising and scandalous moments from the show, with Miranda Hart, David Mitchell, Rob Beckett, Sue Perkins, Sarah Millican and Romesh Ranganathan. (S)
11.05 **Sarah Millican: Outsider** Stand-up comedy performance from the Brighton Dome. (S)(R)
12.05 AM **FILM Polite Society** Action comedy starring Priya Kansara. (S) (2023, 12, 110min) ★★★★
1.55 **Ramsay's Kitchen Nightmares USA** From Pennsylvania. (S)(R)
2.45 **Britain's Most Expensive Houses** A £25million apartment. (S)(R)(AD)
3.40 **to 6.00** AM **Come Dine with Me** Five editions from Swansea. (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 **FILM Fatal Flatshare** Thriller starring Camila Senna. (S)(AD) (2023, PG, 100min) ★★
4.00 **Castle** *Meme Is Murder:* 5/23. Beckett and Castle enter the world of online fame when an internet celebrity is found murdered. (S7) (S)(R)
4.55 **Love Nature** The discovery of the first complete theropod skeleton in Wales. (S)(R)
5.00 **News** (S)
6.00 **Jersey and Guernsey** On Guernsey, a sea-faring couple test out their new cruiser. (S)(R)
6.55 **News** (S)

9.00 Into Ukraine's Kill Zone

7.00 **Tour de France** Rebecca Charlton presents action from the 19th stage of the Grand Tour race, a 127.9km mountain route from Gap to Alpe d'Huez. (S)
7.55 **News** (S)

8.00 **Michael Palin in Venezuela** 2/3. Michael flies to a cluster of coral islands in the Caribbean Sea called Los Roques and is taken on a journey across the archipelago. (S)(R)(AD)

9.00 **NEW Boris Johnson: Into Ukraine's Kill Zone** Four years after leaving Downing Street, Boris Johnson travels to Ukraine's frontline to find out what is happening four years into Vladimir Putin's full-scale invasion of the country. (S)

10.30 **Commonwealth Games** Highlights of the opening day of the Games in Glasgow, with medals up for grabs in para powerlifting, artistic gymnastics, swimming and para swimming. (S)

11.30 **Piers Morgan: Uncensored** Opinion-led news show. (S)
1.00 AM **Teleshopping** (S)(R)
2.00 **Car Pound Cops** (S)(R)
3.45 **Friends** (S8) (S)(R)(AD)
4.35 **Amazing Railway Adventures with Nick Knowles** The presenter explores Norway, including the Viking capital of Trondheim. (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

SKY ONE

106 106 | 109 | 346 | 361

6.00 AM **Mornings with Jones and Melbourne**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S9) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Chasing the Rains** (S)(R)
1.00 PM **Hawaii Five-0** (S6) (S)(R)
3.00 **S.W.A.T.** 3&4/22. (S8) (S)(R)
5.00 **The Simpsons** *Moho House:* Moe helps Homer and Marge work on their marriage. (S)(R)
5.30 *Kamp Krustier:* A traumatic incident forces Bart and Lisa to return home early from camp (S)(R)
6.00 **Animal Control** 5/9. Emily hires an expert dog trainer. (R)
6.30 6/9. Frank asks Emily to set him up on an old-fashioned date. (S2) (R)

6.00 Animal Control

7.00 **The Simpsons** *Dogtown:* The dogs of Springfield begin to assert their dominance. (S)(R)
7.30 *Lard of the Dance:* Homer comes up with the bright idea of making money by selling used grease. (S)(R)

8.00 **The F1 Show** A preview of this weekend's Hungarian Grand Prix, the 11th round of the season at Hungaroring in Mogyoród. (R)

9.00 **An Idiot Abroad 2** 5/8. Karl Pilkington travels to Africa to spend time with rare mountain gorillas. Along the way he prepares a meal for a tribal king, encounters a rhino and discovers a hippo that lives in a house. (S)(R)

10.00 **Ricky Gervais: Fame** Highlights of the comedian's stand-up show, which sees him tackle the world of fame and blur the line between the acceptable and the outrageous. (S)(R)

11.30 **Animal Control** (S2) (R)
12.30 AM **Grimm** 20/22. Nick worries he may lose everything as he continues to battle Black Claw, while Renard ramps up his election campaign. (S5) (S)(R)
1.30 **The Force: North East** A raid on the house of a suspected dealer leads officers to a drugs den. (S)(R)
2.30 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** (S6) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
7.00pm River City (S)(R)
7.30-8.00pm NEW Our Lives: Hunting the Giant Bluefin Tuna (S)(AD)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
7.00pm Best of Weatherman Walking New edition (S) **7.30-8.00pm** Our Lives: The Big Cat Investigator New edition (S)(AD)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

As main ITV1 except:

WALES
7.00-7.30pm Coast & Country New edition (S)

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion **12.05pm** Heno o'r Sioe **12.35** Ralio+ **1.10** Newyddion a'r Tywydd **1.15** Seiclo: Tour de France New edition **4.50** Og y Draenog Hapus **5.00** Stwnsh **6.00** Gerddi Cymru **6.30** Garddio a Mwy **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** NEW Eigra **8.30** NEW SERIES Gemau'r Gymanwlad: Y Ras i Glasgow **10.30** Seiclo: Tour de France New edition **11.00pm-12.05am** Gwesty Aduniad

TV&Streaming week
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BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall searches for giant anteaters. **7.30** Steve visits the rainforests of Brazil.
8.00 **FILM Horrible Histories: The Movie** Family comedy spin-off starring Sebastian Croft. A smart and quick-witted Roman teenager upsets Emperor Nero with one of his schemes, and is sent to Britain as punishment. (2019, PG, 92min) ★★★
9.30 **Ludwig** 5/6. John faces his bad memories from school as he investigates the death of a headmaster. (S1)
10.30 **Fleabag** 1/6. The first episode of the comedy written by and starring Phoebe Waller-Bridge. **10.55** 2/6. Fleabag tries to rekindle romantic fires. **11.25** 3/6. Claire organises her own surprise party. **11.50** 4/6. Claire takes Fleabag to a retreat.

12.20 AM **Fleabag** 5&6/6. (S1)
1.10 **Ideal** 1-5/8. (S2)
3.35 **to 3.50** AM **Funboys**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Rochdale, Greater Manchester.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **George Clarke's Old House, New Home** George helps a couple restoring a 16th-century, Grade II-listed Cotswold cottage, and also tackles an oast house in Kent.
6.55 **Location, Location, Location** Kirstie and Phil catch up with house-hunters in Leeds and Oxford.
7.55 **Grand Designs** Kevin McCloud follows the progress of teacher Michele and architect Michael, who want to restore and transform a 100-year-old blacksmiths in Co Antrim.
9.00 **The Sommerdahl Murders** New episode 5&6/8. The owner of a martial arts school is found stabbed in the back following an argument with a business associate whose husband is in need of money. Subtitled. (S5)

11.00 **24 Hours in A&E**
1.05 AM **999: On the Front Line** Medical documentary.
2.10 **24 Hours in A&E**
3.15 **to 3.55** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM NEW **Prog Rock at the Proms** Classic tracks on an orchestral scale, with arrangements of works by ELP, Yes and more. Hosted by Stuart Maconie.
9.00 **TOTP: 2000** Performances by Gabrielle, Daphne & Celeste, Hepburn, Joey Negro and Taka Boom.
9.30 **TOTP: 1982** Featuring Madness, The Stranglers, Irene Cara and Bananarama.
10.00 **TOTP: 1986** With Sinitta, Audrey Hall, Robert Palmer, Haywoode and Madonna.
10.30 **Prog Rock at the BBC** Footage of performances by Emerson, Lake & Palmer, Yes, Genesis, Caravan, Family and Atomic Rooster.
11.30 **Genesis: Old Grey Whistle Test** From 1980.
12.10 AM **Jethro Tull: The Lively Arts** Documentary.
1.10 **Sight & Sound in Concert: Supertramp**
1.40 **TOTP2: Genesis**
2.25 **TOTP: 2000** As 9.00pm.
2.55 **TOTP: 1982** As 9.30pm.
3.25 **to 3.55** AM **TOTP: 1986**

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From Plymouth.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** A Halloween special.
11.00 **Below Deck**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons** Four episodes of the animation.
7.00 **The Simpsons** *Lisa with an S:* Lisa stays with a Broadway legend for a month. **7.30** *Paths of Glory:* Marge and Homer suspect Bart might be a sociopath.
8.00 **Supercruising: Life at Sea** MS *Nieuw Statendam* arrives in the Bahamas. Fleet executive chef Sinu lifts the lid on some culinary secrets.
9.00 **FILM American Pie** Teen comedy starring Jason Biggs. A group of teenage friends pledge to lose their virginity before the school prom – which is three weeks away. (1999, 15, 96min) ★★★★
10.50 **Naked Attraction**
1.00 AM **Gogglebox**
2.05 **First Dates**
3.05 **Abbott Elementary**
3.30 **The Goldbergs**
3.55 **Brooklyn Nine-Nine**
4.45 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 | 306 | 30 | 123 | 256

Friday primetime

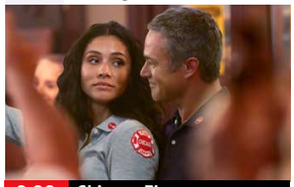
FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Brit Cops: Rapid Response**
10.00 **Border Security USA**
11.00 **Bull** 10/22. (S6)
12.00 NOON **FBI** 6&7/22. (S1)
2.00 PM **The Rookie** 19/22. Officer Nolan and the LA division of the FBI join forces with FBI trainee Simone. (S4)
3.00 **Law & Order: Criminal Intent** 13/16. A poker player is implicated in a murder. (S8)
4.00 **Nothing to Declare**



9.00 Chicago Fire

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Deadwood** 11&12/12. (S3)
10.00 **Homicide: Life on the Street**
12.00 NOON **Billions** 3&4/12. (S3)
2.15 PM **The White Lotus** (S3)
4.40 **Gomorrah** 9/10. Genny pressures Ruggieri to find out where his son is. In Italian.
5.45 10/10. Ciro and Genny are forced to face their demons. Subtitled. (S5)
6.50 **The Gilded Age** 8/8. Peggy questions her future at the New York Globe. (S2)

9.00 Station Eleven

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.30 **Dress to Impress**
8.30 **Olivia and Alex: Parenthood**
9.30 **The Only Way Is Essex**
10.30 **Real Housewives of Salt...**
11.20 **Real Housewives of Orange...**
12.15 PM **Dinner Date**
1.15 **Supermarket Sweep**
2.15 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** New edition
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

3.10 The Only Way is Essex

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *The Miniature Murders:* A murder occurs during the opening of an exhibit at a museum.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Russian Roulette:* Aidensfield residents are shocked when an MI5 agent turns up in the village.

8.00 Doc Martin

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Dempsey and Makepeace**
9.10 **Boon**
10.15 **The Champions**
11.20 **BattleBots**
12.25 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.45 **Boon**
4.50 **The Champions** *The Final Countdown:* The trio search for a World War Two bomb in a bid to avert another conflict.
5.50 **Minder** *Not a Bad Lad, Dad:* A boy claims to be Terry's son. Guest stars Sharon Duce.

12.25 Magnum, PI

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

7.55 The Gilded Age *Who Is in Charge Here?* 1/8. George faces opposition to his ambitious plan, while Bertha prepares for the duke's imminent arrival in New York City. (S3)

7.00 The Floor USA New edition Rob Lowe hosts the American version of the dramatic, fast-paced game show.

6.55 Heartbeat *Legacies:* Lord Ashfordly's staff come under suspicion when some African carvings are stolen from the hall.

6.55 Sharpe *Sharpe's Company:* 1/3. Military adventure starring Sean Bean and Pete Postlethwaite. The return of an old enemy leads to a series of problems, beginning with the loss of Sharpe's hard-earned captaincy. (S2)

8 PM

8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

8.00 Doc Martin *Sons and Lovers:* 2/8. Mrs Tishell is shocked to find out that Al has very high blood pressure.

9 PM

9.00 Chicago Fire *Ghosts:* 5/21. Mouch takes steps to help a friend, and Vasquez must make a difficult choice. (S14)

9.00 NEW SERIES Station Eleven *Wheel of Fire:* 1/10. Post-apocalyptic drama starring Mackenzie Davis and Himesh Patel.

9.00 Love Island New edition Relationship-based reality show in which singletons seeking romance compete in the hope of finding love.

9.00 Doc Martin *Farewell, My Lovely:* 3/8. The GP discovers his busy wife is preparing to accept another responsibility. (S8)

9.00 Ice Road Truckers: Deadliest Roads The truckers drive up to a height of 13,000ft in the Himalayan mountains.

10 PM

10.00 Law & Order: Special Victims Unit *The Accuser:* 18/22. Bruno helps a witness find the courage to come forward. (S26)
11.00 **The Rookie** 16/22. A reality show producer is murdered while filming the cops. (S4)
12.00 M'T **FBI** 3&4/22. (S1)
2.00 AM **FBI: International** (S3)
3.00 **Road Wars**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

10.00 Station Eleven New episode *A Hawk from a Handsaw:* 2/10. Kirsten meets a mysterious man. (S1)
11.00 **Prisoner** 5/6. Separated and under pressure, Amber turns to Tibor for help as a wider threat begins to emerge. (S1)
12.00 M'T **The Last of Us** (S1)
2.15 AM **The White Lotus** (S3)
4.35 **Sort Of** 2/8. (S2)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

10.05 Love Island: The Debrief New edition Companion show to the reality series.
10.35 Family Guy 8/18. Peter, Cleveland and Quagmire join the police force. (S5)
11.05 **Family Guy** 3/18. Meg starts work at a new superstore. (S5)
11.35 **American Dad!** (S16&5)
12.35 AM **Bob's Burgers** (S14)
1.30 **Deal or No Deal**
2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

10.00 Grantchester 3/6. A man covered in blood confesses to Sidney and Geordie that he killed his landlord. (S2)
11.00 **Grantchester** 4/6. As the trial of local teenager Gary Bell approaches, Sidney and Geordie find themselves in disagreement regarding his guilt. (S2)
11.50 **Trial & Retribution** 1/2. (S8)
1.25 **to 2.30** AM **Wycliffe**

+1 hour 219 317 116

10.00 Wrestling: AEW Dynamite Hard-hitting action from the world of All Elite Wrestling.
12.05 AM **Dark Side of the Ring** The story of Gino Hernandez, whose family believed that his death was a drug-related murder for 30 years.
1.00 **Minder**
2.05 **Two and a Half Men** (S4)
3.00 **Teleshopping**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Greatest Escape** A father and daughter try out three well-being retreats.
8.00 **Paramedics on Scene** Crews respond to a large building fire in Glasgow city centre.
9.00 **Ooh the Banter** Jack Docherty delves into the BBC archives for a celebration of Scottish comedy.
10.00 **Still Game** 2/9. Jack and Victor worry that Bert has been suffering since his wife died. (S2)
10.30 **Two Doors Down** 5/6. Two new health-conscious residents, Ash and Iqbal, turn up to introduce themselves to the neighbours. (S5)
11.00 PM **to 12.00** M'T **Rip It Up** Examining Scotland's pop music history.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Breeders** 9&10/10. (S4)
10.00 **I Love LA** 1&2/8. (S1)
11.15 **Will & Grace** (S6)
12.15 PM **The Rehearsal** (S2)
1.35 **I Love LA** 1&2/8. (S1)
2.45 **Will & Grace** (S5)
3.45 **Hacks** 2&3/10. (S4)
5.00 **Community** (S6)
6.00 **Will & Grace** (S6)
7.00 **The Office (US)** 1/19. Angela asks Dwight to care for her sick cat.
7.30 2/19. Michael organises a charity fun run in aid of rabies awareness. (S4)
8.00 **Breeders** 9/10. Paul and Ally try to help Luke.
8.30 10/10. Ava declares her love at baby Jay's naming party. (S4)
9.00 **Maisie Adam: Appraisal**
10.15 **Hacks** 2&3/10. (S4)
11.30 **Breeders** 9&10/10. (S4)
12.30 AM **Community** (S6)
1.35 **The Rehearsal** (S2)
2.50 **Upright** 7&8/8. (S2)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Classic FM Live: Greatest Hits of Opera**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **The Myth of Marilyn Monroe**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **Discovering**
4.00 **From the Vaults**
5.00 **Portrait Artist 2021**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **From the Vaults**
9.00 **Live from Abbey Road**
11.00 **Siouxsie and the Banshees: Nocturne**
12.20 AM **Poly Styrene: I Am a Cliche**
2.20 **Ian Dury and the Blockheads: Hold on to Your Structure**
3.35 **Discovering**
4.00 **The Art of the Garden**
5.00 **to 6.00** AM **The Myth of Marilyn Monroe**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: Canada's Front Line**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 16/26. (S5)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** *Night Terrors:* 17/26. The crew suffer hallucinations. (S4)
8.00 **Police 24/7**
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Star Trek: Enterprise**
12.00 M'T **Fantasy Island**
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** A team of five friends and family take part in the quiz show.
3.00 **Who Wants to Be a Millionaire?** Jeremy Clarkson gives six new contestants the chance to win a fortune.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Karen takes on the Banker for the chance to win a cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **The 1% Club Rollover** Special edition of the quiz hosted by Lee Mack.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** As 4.00pm.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **George Clarke's Remarkable Renovations** A couple who bought a huge and cavernous village hall.
8.00 **Dover 24/7: Britain's Busiest Port** It's one of the busiest days of the year for Dover.
9.00 **24 Hours in A&E** A 19-year-old is rushed in after a motorcycle crash.
10.00 A patient suffers life-threatening injuries after a wall falls on him.
11.05 **Celebrity Gogglebox**
1.05 AM **Big Fat Quiz: Best Bits** Series highlights.
2.05 **Naked Attraction**
3.10 **Surgery Secrets of the Super Rich**
4.05 **to 5.05** AM **Secret Lives of Gypsy Wives**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **Warehouse 13** 6&7/13. (S2)
4.00 **Stargate SG-1** 15/22. (S7)
5.00 **Star Trek: Voyager** 9/26. Seven starts to develop paranoid tendencies. (S6)
6.00 **Star Trek: Enterprise** 6/24. A powerful telepath makes contact with Hoshi and offers to help the *Enterprise* team find the Xindi – at a price. (S3)

7.00 Stargate Atlantis

7.00 Stargate Atlantis *Submersion:* 18/20. The team accidentally awaken a Wraith queen. (S3)

8.00 Stargate SG-1 *Chimera:* 15/22. Carter begins a relationship with a detective. (S7)

9.00 Resident Alien *Love Language:* 5/10. A surprise visitor gives Harry an introduction to the concept of marriage. (S1)

10.00 Grimm *Silence of the Slams:* 13/22. A local maskmaker targets Wesen to create Luchador masks with great power. (S5)
11.00 The Walking Dead 3/16. Daryl's fate is revealed, and the events that transformed his old acquaintance Dwight into one of Negan's trusted lieutenants are detailed. (S7)
12.00 M'T **Resident Alien** (S1)
1.00 AM **Warehouse 13** (S2)
3.00 **The Walking Dead** (S7)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S6)
9.00 **Shakespeare & Hathaway: Private Investigators** (S1)
10.00 **The Mentalist** 6/22. (S5)
11.00 **Hudson & Rex** 3/16. (S6)
12.00 NOON **Unforgettable** (S4)
1.00 PM **Death in Paradise** (S11)
2.00 **Murdoch Mysteries** (S6)
4.00 **The Mentalist** 6/22. (S5)
5.00 **Hudson & Rex** 3/16. (S6)
6.00 **Shakespeare & Hathaway: Private Investigators** 10/10. Frank and Lu must recover a precious jewel and a rebellious teenager. (S1)

8.00 Death in Paradise

7.00 Private Eyes *Family Jewels:* 10/10. Shade and Angie go undercover as an engaged couple to investigate a heist. (S1)

8.00 Death in Paradise *Death in Flight:* 3/9. The team investigate when a skydiver appears to have been murdered in mid-air. (S11)

9.00 Death in Paradise *Murder Most Electric:* 4/8. The discovery of a body leads to a hidden world of data mining. (S13)

10.00 Father Brown *The Labyrinth of the Minotaur:* The priest is asked to look after Lady Felicia's wayward niece Bunty.
11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Father Brown** *The Sins of the Father:* The priest sets out to solve the murder of a local aeronautics magnate's son.
1.00 AM **Death in Paradise** (S11)
2.00 **Murdoch Mysteries** (S6)
2.55 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
9.00 **The Green Green Grass**
9.40 **Are You Being Served?**
10.20 **Last of the Summer Wine**
11.40 **Ever Decreasing Circles**
12.20 PM **Only Fools and Horses**
1.00 **Keeping Up Appearances**
1.40 **Dad's Army**
2.20 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Ever Decreasing Circles**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Dad's Army**

10.20 Not Going Out

7.00 Only Fools and Horses Del decides to enter the profitable tourist trade.
7.40 Keeping Up Appearances Hyacinth plans to turn Richard into an executive.
8.20 Are You Being Served? The staff celebrate Mrs Slocombe's birthday.

9.00 Porridge Fletch attempts to sort out Godber's torrid love life.
9.40 Fletcher objects to having a third cellmate foisted on him.

10.20 Not Going Out Lee is banished to the sofa when Lucy's father moves in. With Geoffrey Whitehead.
11.00 **Colin's Sandwich** Colin worries about his story.
11.40 **Porridge** Double bill.
1.00 AM **Not Going Out**
1.40 **Colin's Sandwich**
2.30 **Don't Wait Up**
3.00 **Hi-de-Hi!**
3.35 **to 4.00** AM **Toast of London**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear** With Damon Hill.
8.15 **Border Force: America's Gatekeepers** Double bill.
10.15 **Rick Stein's Long Weekends**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Robson Green: World's Most Amazing Walks** Portugal.
4.00 **The Hairy Bikers: Mums Know Best** The taste of home.
5.00 **Rick Stein's Long Weekends** The chef embarks on a winter break in Reykjavik.
6.00 The cuisine of Berlin.

10.00 Magnum P.I.

7.00 Mortimer & Whitehouse: Gone Fishing Paul and Bob head to Norfolk.
7.40 Would I Lie to You? With John Bishop, Chris Addison, Joanna Page and Patsy Palmer.
8.20 Would I Lie to You? – The Unseen Bits Unseen material.

9.00 QI XL Guests Jason Manford, Aisling Bea and Johnny Vegas join regular panellist Alan Davies and host Stephen Fry.

10.00 Magnum P.I. *The Woman Who Never Died:* 3/20 Thomas attempts to find out a comatose woman's true identity. (S1)
11.00 **Magnum P.I.** 4/20. A friend of Higgins is murdered. (S1)
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **Would I Lie to You? – The Unseen Bits** As 8.20pm.
2.00 **QI** Triple bill of editions.
3.35 **to 4.00** AM **Superstore**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.25 **Classic Holby City**
10.40 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Neighbours**
3.00 **Pie in the Sky**
4.05 **Lovejoy**
5.20 **Waiting for God**
6.00 **Last of the Summer Wine** Glenda shows a keen interest in her new neighbours.
6.40 Hobbo discovers his real mother's whereabouts.

8.00 Father Brown

7.20 Last of the Summer Wine Hobbo is convinced Nelly is his natural mother and tries to establish where he was born.

8.00 Father Brown *The Final Devotion:* The priest joins forces with Flambeau to search for a lost treasure in a 15th-century castle.

9.00 Father Brown *The New Order:* The priest finds his position under threat when he clashes with an influential parishioner.

10.00 New Tricks *Good Work Rewarded:* A man asks the team to clear the name of his son, who committed suicide after being implicated in a murder.
11.20 **Silent Witness** *River's Edge:* The Lyell team investigate the murder of a family shot while picnicking by a river.
1.35 AM **Lovejoy**
2.40 **Waiting for God**
3.10 **to 4.00** AM **Darby and Joan**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 19–21/22. (S20)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Foreign Bodies:* 2/20. Vance prepares to host diplomatic talks with Venezuela.
7.00 *The Trouble with Hal:* 3/20. A lieutenant returns to a surprise.
8.00 *Sticks & Stones:* 4/20. Deadly threats suggest the possibility of a catastrophic war. (S22)
9.00 **Beauty and the Beast** *Partners in Crime:* 17/22. Cat tells Tess the truth in an attempt to save their relationship.
10.00 *Heart of Darkness:* 18/22. Evan confesses his love for Cat and admits he told Muirfield where to look for Vincent. (S1)
11.00 **Law & Order: Special Victims Unit** (S14&13)
2.55 **to 3.50** AM **Wild Cards**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Critical Condition** The emergency medics treat a man with multiple stab wounds to his abdomen.
10.00 **A&E After Dark**
11.00 **Trauma Room One**
12.00 M'T **Skin A&E**
1.00 AM **Nightmare Tenants, Slum Landlords**
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Scam City** In Marrakech.
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Gunsmoke** (S12)
10.05 **FILM The Devil's Brigade** War drama. (1968, PG, 126min) ★★
12.45 PM **FILM The Alamo** Western adventure with John Wayne. (1960, PG, 161min) ★★★
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Cops** New editions A driver who scrolled past a picture of a gun flees a traffic stop.
10.30 Deputies feed a suspect's puppy.
11.00 **The X-Files** 4/20. (S5)
12.00 M'T **Shoplifters: Caught Red Handed**
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.15 AM **MasterChef Australia** Culinary show.
7.30 **Inside the Ambulance**
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Brother v Brother**
5.55 **DIY SOS: The Big Build**
8.00 **Pete Wicks: For Dogs' Sake** Pete meets some newborn puppies that are fighting to survive.
9.00 Pete helps a pregnant Malinois.
10.00 Pete meets Flower, the first dog ever to take a dislike to him.
11.00 **Gavin & Stacey** The happy couple return from their honeymoon.
11.40 Gavin sets out to help Smithy accept his responsibilities.
12.20 AM Smithy and Nessa visit the hospital for an ultrasound scan.
1.00 **to 3.00** AM **Hashtag Murder**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering**
8.00 **Bangers & Cash**
10.00 **Secret Nazi Bases**
11.00 **World War Two from Above** Documentary.
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Secret Nazi Bases**
5.00 **World War Two from Above** Documentary.
6.00 **Antiques Roadshow**
7.00 **Asia** Documentary focusing on the oceans that surround the continent's coastline.
8.00 **Citizen Smith** Wolfie tries to save Tooting.
8.40 **Some Mothers Do 'Ave 'Em** Double bill.
10.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Great British Railway Journeys**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Looe.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Celebrity Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House**
8.00 **Antiques Road Trip**
9.00 **My Lottery Dream Home** New editions
10.00 **Home Town** New edition An engaged couple enlist Ben and Erin to finally fix their first home together on a budget.
11.00 **Help! My House Is Haunted** Double bill.
1.00 AM **Celebrity Help! My House Is Haunted**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

FRIDAY Entertainment

Friday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S4)
9.00 **Doctor Finlay** 5/7. (S3)
10.00 **Hamish Macbeth** (S2)
11.00 **Little House on the Prairie** 19&20/25. (S1)
1.00 PM **The Waltons** (S5)
4.00 **Little House on the Prairie** 19&20/25. (S1)
6.00 **Hamish Macbeth** (S2)
7.00 **M*A*S*H** Four episodes of the drama, including at: **8.00** 25/25. A VIP visits on April Fool's Day. (S8) **8.30** 1/20. Hawkeye performs an emergency operation. (S9)
9.00 FILM **Mr Brooks** Darkly comic thriller starring Kevin Costner. (2007, 18, 120min) ★★★★
11.20 **Agatha Christie's And Then There Were None** Mystery thriller starring Oliver Reed.
1.35 AM **M*A*S*H** (S8)
2.05 **Air Rescue** Double bill.
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM **The High Chaparral**
10.10 **Wanted: Dead or Alive**
10.40 FILM **War of the Wildcats** Western starring John Wayne and Albert Dekker. (1943, b/w, U, 102min) ★★
1.00 PM **The Unit** 5/13. (S1)
2.00 **Burn Notice** (S1)
4.00 FILM **The Forger** Thriller starring John Travolta. (2014, 15, 92min) ★★
6.00 **The Unit** 5/13. (S1)
7.00 **Burn Notice** (S1)
9.00 FILM **Highlander** Sci-fi action thriller starring Christopher Lambert and Sean Connery. (1986, 15, 111min) ★★★★
11.30 FILM **The Hunter's Prayer** Action thriller with Sam Worthington. (2017, 15, 91min) ★★
1.25 AM **Dragon Ball Super**
2.25 **Coast Guard Alaska**
3.25 FILM **Firequake** Thriller. (2014, 12, 90min) ★
5.00 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM FILM **Garage Sale Mysteries: The Novel Murders** (2016, PG) ★★
10.05 FILM **Murder, She Baked: A Chocolate Chip Cookie Mystery** Drama. (2015, PG) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S3)
2.00 **Castle** 8/23. (S4)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 9/23. (S4)
8.00 **Unforgettable** (S3)
9.00 **In Plain Sight** 12/13. (S3)
10.00 FILM **Murder, She Baked: Just Desserts** Mystery. (2017, PG) ★★
11.55 FILM **Garage Sale Mysteries: A Case of Murder** Crime thriller. (2017, PG, 90min) ★★
1.50 AM FILM **Perfect Plan** Thriller with Emily Rose. (2010, 12, 89min) ★★★
3.20 **to 5.00** AM FILM **Picture Perfect Lies** Thriller. (2021, PG) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM FILM **This Little Love of Mine** Drama. (2021, U, 91min) ★★
10.15 FILM **Can't Buy My Love** Romantic comedy. (2017, PG, 90min) ★★
12.05 PM FILM **The Love Subscription** Comedy. (2023, PG, 86min) ★★
2.00 FILM **Sand Dollar Cove** Drama. (2021, PG) ★★
3.50 FILM **The 27-Hour Day** Drama. (2021, PG) ★★
5.40 FILM **The Blessing Bracelet** Drama. (2023, PG, 90min) ★★
7.30 FILM **Butlers in Love** Romantic comedy. (2022, PG, 89min) ★★
9.25 FILM **Valentine's Again** Romantic fantasy. (2017, PG, 70min) ★★
11.15 FILM **Little Women** Drama. (2018, 12) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Sand Dollar Cove** Drama. (2021, PG, 84min) ★★

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** Gardening.
1.00 PM **Celebrity Coach Trip**
2.00 **The Antiques Yard**
3.00 **Garden Rescue**
4.00 **Robson Green's Weekend Escapes**
4.45 **Edwardian Farm**
6.00 **Celebrity Coach Trip**
7.00 **Love Your Garden**
8.00 **Garden Rescue** Charlie Dimmock and Chris Hull try to create a wooded wonderland in Witney.
9.00 **Lake District Rescue** Documentary about the Lake District Mountain Rescue Association.
10.00 FILM **Intimate Games** Comedy. (1976, 18) ★★
12.00 M'T FILM **The Playbirds** Sex thriller. (1978, 18) ★
2.00 AM **Lake District Rescue**
3.00 **Edwardian Farm**
4.15 **to 5.00** AM **Robson Green's Weekend Escapes**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge**
10.30 **Bottle Boys** (S1)
11.00 **The Fenn Street Gang**
11.30 **Hallelujah** 7/7. (S1)
12.00 NOON **Man in a Suitcase**
1.00 PM **Agony** 7/7. (S2)
1.30 **Press Gang** 2/12. (S1)
2.00 **Second Thoughts** (S2)
2.30 **The Fenn Street Gang**
3.00 **Hallelujah** 7/7. (S1)
3.30 **Boon** 9/13. (S5)
4.30 **Old Country** (S1)
5.00 **Stereo Underground**
6.00 **Press Gang** 2/12. (S1)
6.30 **Danger Man** 6/39. (S1)
7.00 **Bottle Boys** (S1)
7.30 **Doctor in Charge** (S1)
8.00 **Man in a Suitcase** (S1)
9.00 **Drop the Dead Donkey**
10.00 FILM **Night Eyes** Thriller. (1990, 18, 94min) ★
11.55 FILM **Bloodbath at the House of Death** Horror spoof. (1983, 18) ★
1.40 AM **Stereo Underground**
2.40 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **The Alaska Triangle** Documentary.
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters** The Dirt Dogs take a gamble on a risky plan. **8.00** Ted and Lecky unearth a mystery.
9.00 **Helicopter ER** Paramedics must decide which crash survivors need help most urgently.
10.00 **Animal Cops Philadelphia**
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Sophie Grigson: Slice of Italy**
7.00 **Hairy Bikers Go North**
8.00 **Prue Leith's Cotswold Kitchen** As 5.00pm.
9.00 **Jamie Oliver: Cooking for Less** Budget meals.
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Great British Adventure**
3.00 **Hairy Bikers Go North**
4.00 **Nigella Bites**
5.00 **Prue Leith's Cotswold Kitchen** Prue is joined by Ruth Davidson.
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **The Hairy Bikers' Mediterranean Adventure** The delights of southern France.
10.00 **Nadiya Bakes**
11.15 **Diners, Drive-Ins and Dives** Four editions.
1.15 AM **Mystery Diners**
2.15 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 23/28. (S1)
9.00 **T.J. Hooker** 18/19. (S5)
10.00 **Babylon 5** 11/22. (S2)
11.00 FILM **The Sting** Crime comedy starring Paul Newman. (1973, PG, 129min) ★★★★★
1.40 PM FILM **In Harm's Way** Wartime drama starring John Wayne. (1965, b/w, PG, 160min) ★★
5.00 **Star Trek** 2/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 12/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **In the Line of Fire** Thriller starring Clint Eastwood. (1993, 15, 127min) ★★★★
11.40 FILM **Acts of Vengeance** Drama. (2017, 15, 87min) ★★
1.30 AM FILM **Maximum Conviction** Action thriller. (2012, 15, 93min) ★★
3.20 **to 4.55** AM FILM **Standoff** Thriller. (2015, 15, 92min) ★★★

Legend Xtra

316 316 171 69 138 51

9.00 AM FILM **Asteroid v Earth** Sci-fi thriller. (2014, 15, 91min) ★★
11.00 **Andromeda** 4/22. (S4)
12.00 NOON FILM **The Day the Earth Stopped** Sci-fi action thriller. (2008, 15, 90min) ★★
2.00 PM FILM **Instrument of War** Action drama. (2017, 12, 90min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **George and the Dragon** Adventure. (2004, PG, 93min) ★★★
7.00 **Andromeda** 5/22. (S4)
8.00 **The A-Team** 22/23. (S2)
9.00 FILM **Equilibrium** Sci-fi action thriller starring Christian Bale. (2002, 15, 107min) ★★★
11.10 FILM **Death Wish** Vigilante action drama. (1974, 18, 89min) ★★★
1.05 AM FILM **Equilibrium**
3.10 FILM **George and the Dragon** As 5.00pm.
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Oldham.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Container Wars**
9.20 **Storage Wars Canada**
1.05 PM **Pawn Stars**
2.05 **Money for Nothing**
3.05 **Container Wars**
4.05 **Ancient Aliens**
5.00 **Alien Files Reopened**
6.00 **Storage Wars**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **History's Most Shocking**
10.00 **Weird Britain** Legends of a saint and a mighty ogre in Wales.
11.00 **Britain's X Files** Reports into spectral bowmen.
12.00 M'T **Paranormal Survivor** Documentary.
1.00 AM **Alien Files Reopened**
2.00 **Cops Uncensored**
3.00 **Container Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** Dorset.
12.00 NOON **All Creatures Great and Small** (S3)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.35 **Around America by Train with Tony Robinson** Highlights.
5.00 **Secret Life of the Forest**
6.00 **Sunken Warships: Secrets from the Deep**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Taggart** *Dead Reckoning:* The detectives hunt for the killer of a young woman. Meanwhile, a man from the Highlands reports his wife missing.
11.45 **Ellis** 4/4. (S2)
12.45 AM **The Rise & Fall of John Leslie**
1.45 **Murder, She Wrote**
2.45 **Secret Life of the Forest**
3.45 **to 4.00** AM **Walking Wartime Britain**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **Celebrity Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
6.00 **Tenable** Game show.
7.00 **The Chase Celebrity Special** With guests Ann Widdecombe, Sam Nixon, Mark Rhodes and Jimmy Carr.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** Quiz show.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase** Quiz.
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the comedy, including at: **8.00** 4/23. Raj is named one of *People* magazine's '30 to Watch Under 30.' **8.30** 5/23. Sheldon is forced to overcome his fear of driving. (S2)
9.00 **90 Day Fiancé** New edition Josh confronts Catie's old fling at her party, Edward is grilled by Marissa's mum, and Debby struggles as Mido wonders about returning to Egypt.
11.00 **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Mr Bean** (S1)
9.00 **Everybody Loves Raymond** (S4)
11.00 **The Upper Hand**
1.00 PM **Friends** (S7)
7.00 **Friends** 19/24. Monica's attractive cousin visits. **7.30** 20/24. Rachel meets a college friend. **8.00** 21/24. Chandler really struggles to write his marriage vows. **8.30** 22/24. Chandler reluctantly visits his father in Vegas. (S7)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Jack Whitehall Live**
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **8 Out of 10 Cats**
1.40 AM **Police Squad!**
2.40 **Reno 911!** 5/16. (S5)
3.05 **Key & Peele**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S3)
6.50 **Rosie Jones Tries to Help** With Harry Hill.
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends** 16–19/25. (S3)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S4)
7.00 **Michael McIntyre's Big Show** With Bradley Walsh and Kylie Minogue.
8.00 **The Upper Hand** (S4)
9.00 **Friends** Eight episodes.
1.00 AM **Lee Evans Live at Wembley**
3.00 **Michael McIntyre's Big Show** As 7.00pm.
3.45 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Highlights**
10.15 **Bread** 9/14. (S6)
10.55 **Steptoe and Son** (S1)
11.30 **Oh, Doctor Beeching!**
12.10 PM **Rising Damp** (S1)
12.40 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 15/15. Sitcom. (S3)
2.50 **Minder** 10/13. (S3)
3.50 **Just Good Friends**
4.25 **Man About the House**
4.55 **Bread** 9/14. (S6)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Rising Damp** 6/6. (S4)
6.40 **Steptoe and Son** (S1)
7.15 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 7/10. (S10)
9.00 **Benidorm** 7/7. (S6)
10.00 **Shameless** 7/16. (S5)
11.00 **Man About the House**
11.25 **Mind Your Language**
12.00 M'T **Benidorm** 7/7. (S6)
1.00 AM **Minder** 3/11. (S4)
2.00 **Duty Free** 2/7. (S3)
2.25 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids Go Skint** A London lad moves in with a Redditch family.
8.00 **Judge Judy** Real-life small-claims cases.
9.00 **Just Tattoo of Us** It's Scotty T's initiation day.
10.00 **Tattoo Fixers** A bride-to-be's cartoon tattoo is threatening to derail her wedding plans.
11.00 **Geordie Shore** Gaz is thrown out of the gang's Sydney mansion.
12.00 M'T **Ink Master: Angels**
1.00 AM **Ink Master: Revenge**
2.45 **True Life Crime UK**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush** Double bill.
11.00 **Building Alaska**
12.00 NOON **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.00** The making of mustard. **4.30** Inflatable toys, couscous and modelling dough.
5.00 **Alaska: Homestead Rescue** The Raneys teach a family of six to thrive off-grid together.

9.00 Expedition Files

7.00 **Gold Rush: Mine Rescue with Freddy & Juan** A dry claim sitting in the epicentre of a famous BC gold rush tests Freddy and Juan's limits with a complicated wash plant dubbed 'The Octopus.'

9.00 **Expedition Files** New edition Josh Gates investigates Meriwether Lewis' death, and Dag Hammarskjöld's crash.

10.00 **Mystery at Blind Frog Ranch** New edition The team uncover evidence of another Aztec treasure chamber.

11.00 **The Alaska Triangle** Guests report attacks by an aggressive spirit at a hotel.
12.00 M'T **Deadliest Catch**
1.00 AM **Expedition Files**
2.00 **Mystery at Blind Frog Ranch**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **River of No Return**
10.00 **Tanked** An aquarium.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat that sprays all over the house. **4.00** A couple who moved to keep their cats apart.
5.00 **Lone Star Law** Warden Boone is on a mission to arrest a trio of armed robbers on the run.
6.00 **Dr Jeff: Rocky Mountain Vet** A puppy breaks its leg.

9.00 Alaska: The Last Frontier

7.00 **Treehouse Masters** Pete Nelson heads to Alabama's Appalachia to build a treehouse fit for a budding James Bond.

8.00 **River of No Return** Buck decides it is time for his eight-year old son Dax to learn how to captain a jet boat.

9.00 **Alaska: The Last Frontier** Eivin takes his son on his first coming of age hunt, while Jane and Atz Lee fish for pike.

10.00 **Alaskan Bush People: Bushcraft Chronicles** The Browns revisit some of their best hunting expeditions.

11.00 **The Haunted** A medicine man tries to lift a curse.
12.00 M'T **Crikey! It's the Irwins** Robert relocates a crocodile.
1.00 AM **Richard E Grant's Seven Deadly Sins** Sloth.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Rocky Mountain Railroad**
11.00 **Car S.O.S** A Ford Mondeo.
12.00 NOON **Inside Airport Lost & Found** Documentary.
1.00 PM **Air Crash Investigation**
2.00 **Eyewitness WWII: Invasion Italy** Double bill of editions.
4.00 **Vikings: The Rise and Fall**
5.00 **Draining Loch Ness: In Search of the Monster** Advanced scanning technology is used to explore the Loch Ness.
6.00 **World War II: The Apocalypse** Footage of D-Day.

8.00 Hitler Youth

7.00 **Air Crash Investigation** Examining the case of a plane that crashed and burst into flames just moments after take-off.

8.00 **Hitler Youth** 1/2. The story of the Nazi youth organisation, which was used to indoctrinate German boys in the 1930s.

9.00 **Hitler Youth** 2/2. A look at the expansion of the organisation in the build-up to war.

10.00 **Mega Marine Machines** A look at Sanmar Shipyards, where engineers are redefining the tugboat for a new era.

11.00 **Air Crash Investigation** The crash of a cargo flight.
12.00 M'T **Border Protection Spain** A group of people are stuck on the side of a cliff.
1.00 AM **To Catch a Smuggler**
2.00 **Money Meltdown**
2.30 **Lords of War**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Documentary.
6.30 **Pawn Stars** Four editions.
10.10 **Storage Wars** Double bill.
12.00 NOON **History's Greatest Aircraft** Documentary.
1.00 PM **Salvage Kings**
3.00 **Hardcore Pawn** Six editions of the series, including at: **5.30** Seth and Ashley clash over an Eljer toilet.
6.00 **History's Greatest Picks with Mike Wolfe** The collector uncovers the stories, journeys and values behind treasures.

9.00 The Witches of Salem

7.00 **Forged in Fire** Four smiths pay homage to US presidents with a replica of Teddy Roosevelt's Rough Rider Bowie.

8.00 **Secrets of Great British Castles** The history of Lancaster Castle, which has witnessed scenes of historical significance.

9.00 **The Witches of Salem** A look at how the Salem witch trials rapidly found women guilty.

10.00 **Gangland Chronicles** The rise and fall of Pablo Escobar's Medellin Cartel. **10.30** A look at organised crime syndicate Oakland Hells Angels.

11.00 **MonsterQuest** Chilling cases of law-enforcement officers facing monsters. **12.00** M'T Soldiers reporting mysterious encounters.
12.55 AM **Hardcore Pawn**
3.40 **Ancient Aliens**
4.25 **History's Greatest Picks with Mike Wolfe** As 6.00pm.
5.10 **to 6.00** AM **Pawn Stars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Nineties**
7.00 **Discovering: Tom Hanks**
8.00 **The Directors**
9.00 **Edge of the Earth**
10.00 **The Alien Autopsy Scandal**
11.00 **Urban Secrets**
12.00 NOON **Queen of Speed** The career of former rally driver Michele Mouton.
2.00 PM **OJ: Made in America**
4.00 **The Directors**
5.00 **Discovering: Tom Hanks**
6.00 **Hitsville: The Making of Motown** The history of the Motown record label.

6.00 Hitsville: The Making of...

Hitsville: The Making of Motown (started at 6.00pm) — 7 PM

8.00 **Tina** A celebration of Tina Turner's life and career, featuring contributions from the Grammy Award-winning artist, as well as Angela Bassett and Oprah Winfrey. — 8 PM / 9 PM

10.10 **The Truth vs Alex Jones** Following the two defamation lawsuits brought by families of Sandy Hook Elementary School shooting victims against Alex Jones and his website InfoWars. — 10 PM

12.20 AM **OJ: Made in America** 5/5. America's reaction to the not guilty verdict, and OJ Simpson's attempt to begin the next phase of his life.
2.10 **The Essex Murders**
5.00 **to 6.00** AM **Discovering: Tom Hanks**

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Gem Hunters Down Under** Double bill.
1.00 PM **Ant Anstead: Born Mechanic**
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** Two brothers learn the worth of their late father's eclectic hoard of items.
9.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Deadly Affairs**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Faking It: Tears of a Crime** Fred Talbot.
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV** An attack in an Illinois home.
9.00 **Hollywood Demons** New edition Former child actors describe the difficult path from fame to adult careers.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** The story of Evie Adams, who wanted a loving family but found someone deadly.
8.00 **UK Crime Files: Wrongful Revenge** The case of Colin Gunn, who ordered two murders.
9.00 **UK Crime Files: Killer Commadore** The story of Paul Longworth.
10.00 **Body in the Water** A drought at a French lake reveals a car hiding the body of a UK expat.
11.00 **Secrets of a Murder Detective** Ayesha Ali.
12.00 M'T **UK Crime Files: Wrongful Revenge**
1.00 AM **UK Crime Files: Killer Commadore**
2.00 **Body in the Water**
3.00 **Murder UK**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: World's End Murders**
9.55 **UK Crime Files: No Honour Killing**
10.45 **Teleshopping**
11.00 **Secrets of a Murder Detective** Michael Keen.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: The Killing of a Deaf Girl**
3.00 **UK Crime Files: Murder Without a Body**
4.00 **Secrets of a Murder Detective**
5.00 **Medical Detectives** A true crime hobbyist helps solve a crime. **5.30** A Colorado mother suddenly vanishes. **6.00** An 18-year-old mysteriously disappears. **6.30** A shop clerk is shot during a robbery.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Patrol**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Killer in My...**
1.00 PM **Murdered at First Sight** India Chipcase.
2.00 **World's Most Evil Killers**
3.00 **Catching the Killer**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **How I Caught the Killer**
10.00 **Murder in Slow Motion: The Shana Grice Story**
11.00 **Britain's Most Evil Killers**
12.00 M'T **World's Most Evil Killers** True-crime.
1.00 AM **Catching the Killer**
2.00 **The Real CSI: Miami**
3.00 **Send in the Dogs**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** In Virginia.
8.35 **Treasures Decoded**
9.35 **Waco: Longest Siege**
10.50 **Titans of the Cold War**
11.55 **Messages Home: Lost Films of the British Army** As 9.50pm.
1.00 PM **America the Bountiful** In Virginia.
1.35 **Treasures Decoded**
2.35 **Waco: Longest Siege**
3.50 **Titans of the Cold War**
4.55 **Messages Home: Lost Films of the British Army** As 9.50pm.
5.55 **America the Bountiful**
6.30 **Treasures Decoded**
7.35 **Waco: Longest Siege**
8.40 **Titans of the Cold War**
9.50 **Messages Home: Lost Films of the British Army** Filmed messages from British soldiers.
10.50 **Waco: Longest Siege**
12.00 M'T **Titans of the Cold War** Documentary.
1.10 **to 2.00** AM **America the Bountiful**

FRIDAY

Friday

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life**
8.00 **Africa's Wild Horizons**
9.00 **Big Cats: An Amazing Animal Family** Documentary.
10.00 **New Kids in the Wild**
11.00 **Shark: British Isles Special...**
12.00 NOON **A Bee's Diary**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Horizons**
3.00 **Big Cats: An Amazing Animal Family** Documentary.
4.00 **New Kids in the Wild**
5.00 **Shark: British Isles Special...**
6.00 **Baboons: Rules of the Troop**
7.00 **Monkey Life** Double bill.
8.00 **Malawi Wildlife Rescue**
9.00 **Kenya Wildlife Diaries**
10.00 **High Life in the Dead Mountains** Documentary.
11.00 **Shark: British Isles Special with Steve Backshall**
12.00 M'T **Wild Dogs: Pack vs Pride**
1.00 AM **Ol Pejeta Diaries**
2.00 **Malawi Wildlife Rescue**
3.00 **Kenya Wildlife Diaries**
4.00 **Africa's Wild Horizons**
5.00 **to 6.00** AM **Big Cats: An...**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Combat Trains**
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens**
1.00 PM **Clash of Ancient Warriors**
6.00 **Mysteries from Above**
7.00 **Alien Corridors** A strange formation is seen in the sky over the sleepy suburbs of Tinley Park in Illinois.
8.00 **Battle 360** The Japanese attack on the USS *Enterprise*, which came at a point in World War Two when the vessel was the only battle-ready American carrier left in the Pacific.
9.00 **Alien Corridors** Examining a suspected underground alien base in New Mexico.
10.00 **Evidence of the Unexplained** A look at UFO sightings, terrifying abductions and other bizarre occurrences
11.00 **Ancient Aliens**
1.00 AM **Alien Corridors**
2.00 **Clash of Ancient Warriors**
5.00 **to 6.00** AM **Crimes That Shook Britain**

Discovery Science

167 148 179

8.00 AM **Alien Highway**
11.00 **Richard Hammond's Big**
1.00 PM **Secrets Underground**
3.00 **How the Universe Works**
6.00 **How It's Made**
9.00 **The Dino Hunters** Montana rancher Clayton finds what might be a rare and valuable fossil on his family's property. In Wyoming, Mike and his son uncover a triceratops horn. **10.00** Clayton continues his excavation of a rare, carnivorous dinosaur on his Montana ranch. In Wyoming, Mike and Jake prepare to sell their prized T-Rex fossil.
11.00 **Tesla's Death Ray: A Murder Declassified** Historians and scientists explore the life and work of inventor Nikola Tesla. **12.00** M'T A new lead prompts Jack and Cameron to go to Colorado Springs seeking the former site of Tesla's laboratory.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Richard Hammond's Big**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Nightmare in Suburbia**
2.00 PM **Green Eyed Killers**
3.00 **Witness to Murder: Digital Evidence** Triple bill.
6.00 **On the Case with Paula Zahn**
7.00 **The First 48**
8.00 **Green Eyed Killers**
9.00 **K9 PD with Jim Belushi** New editions Cisco responds to a break in at the Fraternal Order of Police Lodge. **9.30** A father takes police officers on a high-speed chase – with his toddler on board.
10.00 **Squatters** New editions
11.00 **Crime in Progress**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Atlanta** Documentary.
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Europe's New Wild**
11.00 **Alaska Animal Rescue**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Heartland Docs**
2.00 **Europe's New Wild**
3.00 **World's Weirdest**
4.00 **Secrets of the Zoo**
5.00 **Yukon Vet**
7.00 **Secrets of the Zoo** Keepers try to find out why a Muntjac deer is suffering from seizures.
8.00 **Safari Live: Gauntlet** A trip through the South African bush, featuring encounters with a variety of animals. **9.00** Packs of hyenas stalk the migration, but the scavengers must contend with difficult hunts and internal conflicts.
10.00 **Lawless Island**
11.00 **Ultimate Airport Dubai**
12.00 M'T **World's Deadliest**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Alaska Animal Rescue**

Discovery History

161/172 147 181

7.00 AM **Storming Area 51**
8.00 **Combat Dealers**
9.00 **Secrets Underground**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Storming Area 51** Joe and Emmett Hayes head to Nevada desert to observe, investigate and embrace the pandemonium of storming Area 51, and dive into the history of the facility.
9.00 **Ancient Unexplained Files** Advanced laser scanning uncovers the identity of a mysterious ancient carving.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Ireland with Simon Reeve**
10.00 **Simon Reeve's South America**
1.00 PM **Ireland with Simon Reeve**
2.00 **Simon Reeve's South America**
5.00 **Bread**
8.15 **Bread** Festive special of the sitcom from 1988. The Boswell clan go on holiday to Rome. **8.55** Joey's past returns to haunt him, Billy finds himself in trouble with the law, and Freddie is notable by his absence. **9.30** Mrs Boswell decides to report Freddie's disappearance, just as Jack and Leonora discover that somebody else is looking for him. **10.10** Nellie has her cards read to help find out where Freddie is, while the rest of the family check out a country mansion. **10.50** Mrs Boswell has trouble with a neighbour, Billy lands a new job, and Aveline is offered the chance of a lifetime.
11.30 **Bread**
4.20 **to 6.00** AM **Simon Reeve's South America**

+1hour 266 376

ID

154 140 166

8.00 AM **On the Case with Paula Zahn** Four editions.
12.00 NOON **Death by Fame**
1.00 PM **American Monster**
3.00 **Mother, May I Murder?**
7.00 **Still a Mystery** A five-year-old disappears and investigators discover problems at home. Plus, a young mother leaves a bar with a man she doesn't know – and ends up dead. **8.00** A truck driver finds an unconscious woman on a Missouri highway. Police determine the suspect attacked her elsewhere and placed her on the road.
9.00 **The Real Murders on Elm Street** On New Year's Eve, a man father finds his daughter murdered. A trail of footprints and a missing shoe may lead officers to the killer.
10.00 **Spooked Scotland**
11.00 **Portals to Hell**
1.00 AM **Kindred Spirits**
2.00 **Mother, May I Murder?**
4.00 **to 6.00** AM **Still a Mystery**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Big**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Bad Chad Customs**
2.00 **Ant Anstead: Born Mechanic**
3.00 **G.A.S. Extreme Customs**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Faster with Finnegan**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Faster with Finnegan** The guys rebuild an old mega truck.
9.00 **Outback Truckers** Yogi embarks on a gruelling five-day journey across Australia.
10.00 **British Superbikes** Highlights of round five at Brands Hatch.
11.00 **Shed and Buried: Classic Cars** In Gloucestershire, Henry and Fuzz take on a Triumph Spitfire.
12.00 M'T **Faster with Finnegan**
1.00 AM **Richard Hammond's Big**
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.05 AM **Mile End Kicks** (2025)
8.05 PREMIERE **Mortal Kombat II**
10.10 **Night Patrol** Horror thriller. (2025, 15, 103min) ★★★
12.00 NOON **Anaconda** As 10.05pm.
1.45 PM **Wicked: For Good** Fantasy adventure sequel. (2025, PG, 137min) ★★★
4.10 **Civil War** Action thriller. (2023, 15, 109min) ★★★★
6.15 **In Cold Light** Crime thriller starring Maika Monroe. (2025, 15, 96min) ★★★

8.00 Mortal Kombat II

8.00 PREMIERE **Mortal Kombat II** Fantasy adventure sequel starring Karl Urban. Several champions are pitted against one another in the ultimate battle to defeat the dark rule of Shao Kahn. (2024, 15, 116min) ★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Anaconda Action comedy starring Jack Black and Paul Rudd. Two friends encounter a terrifying creature while remaking their favourite movie. (2025, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Redux Redux** Fantasy. (2025, 15, 109min) ★★★★
1.45 AM **Anemone** Drama. (2025, 15, 125min) ★★★
3.55 **Mile End Kicks** Romantic comedy with Barbie Ferreira. (2025, 15, 111min) ★★★★
5.50 **to 7.30** AM **Grand Prix of Europe** Animated family adventure. (2025, U, 98min)

Sky Cinema Karate Kid

303 303 403 503 517

7.35 AM **The Next Karate Kid**
9.30 **The Karate Kid** As 9.50pm.
11.55 **Karate Kid: Legends** (2025)
1.45 PM **The Karate Kid** (1984)
4.00 **The Karate Kid Part II** Martial arts adventure sequel starring Ralph Macchio. (1986, PG, 113min) ★★
6.05 **The Karate Kid: Part III** Martial arts adventure sequel starring Ralph Macchio, Noriyuki 'Pat' Morita and Robyn Lively. (1989, PG, 111min) ★

9.50 The Karate Kid

8.00 The Next Karate Kid Martial arts adventure sequel starring Noriyuki 'Pat' Morita and Hilary Swank. A rebellious teenage girl is taken under the wing of a wise karate instructor. (1994, PG, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 The Karate Kid Martial arts adventure starring Jaden Smith and Jackie Chan. A 12-year-old American boy relocates to Beijing with his widowed mother and learns kung fu in order to protect himself from a local gang of bullies. (2010, PG, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Karate Kid: Legends** Martial arts adventure sequel. (2025, 12, 94min) ★★★
1.55 **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
4.05 **to 6.00** AM **The Karate Kid Part II** As shown at 4.00pm.

Sky Cinema Drama

310 310 410 510 524

6.00 AM **True Grit** Classic Western. (1969, PG, 128min) ★★★★★
8.15 **Don't Let's Go to the Dogs Tonight** Fact-based drama. (2024, 15, 99min) ★★★★
10.05 **A Star Is Born** Music drama. (2018, 15, 136min) ★★★★★
12.25 PM **Wish You Were Here** Drama. (2025, 12, 99min) ★★★
2.15 **True Grit** Western remake. (2010, 15, 110min) ★★★★
4.15 **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
6.25 **The Luckiest Man in America** Fact-based drama starring Paul Walter Hauser, Walton Goggins and David Strathairn. (2024, 15, 90min) ★★★★
8.00 **Jerry Maguire** Comedy drama starring Tom Cruise, Renée Zellweger and Cuba Gooding Jr. (1996, 15, 139min) ★★★★
10.25 **Pillion** Dark comedy with Harry Melling and Alexander Skarsgård. (2025, 18, 107min) ★★★
12.15 AM **The Brutalist** Epic period drama starring Adrien Brody, Felicity Jones and Guy Pearce. (2024, 18, 215min) ★★★★★
3.35 **Don't Let's Go to the Dogs Tonight** As shown at 6.25pm.
5.20 **to 7.00** AM **The Luckiest Man in America** As 6.25pm.

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.40 AM **The Front Room** (2024)
8.20 **The Parenting** Horror comedy. (2025, 15, 94min) ★★★
10.00 **The Bride!** Horror thriller. (2025, 15, 126min) ★★★★
12.10 PM **Opus** Mystery thriller. (2025, 15, 104min) ★★★★
2.00 **Men in Black 3** Sci-fi sequel. (2012, PG, 105min) ★★★★
3.50 **Get Out** Psychological thriller. (2017, 15, 104min) ★★★★★
5.40 **Sinners** Horror thriller. (2025, 15, 132min) ★★★★
8.00 **Men in Black: International** Fantasy comedy sequel starring Chris Hemsworth and Tessa Thompson. The intergalactic law enforcers tackle their biggest threat – a mole in the Men in Black organisation. (2019, 12, 110min) ★★★
10.05 **10 Cloverfield Lane** Thriller starring Mary Elizabeth Winstead and John Goodman. (2016, 12, 103min) ★★★★
11.55 **Nosferatu** Horror thriller. (2024, 15, 132min) ★★★★
2.10 AM **Tremors** Monster chiller. (1990, 15, 96min) ★★★★
4.00 **Mad Max** Cult action thriller. (1979, 15, 93min) ★★★★★
5.45 **to 7.35** AM **The Front Room** Thriller. (2024, 15, 94min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.35 AM **Yogi Bear** (2010, U) ★★★
8.05 **Charlotte's Web** Adventure. (2006, U, 97min) ★★★
9.50 **Teenage Mutant Ninja Turtles** Fantasy. (2014, 12, 101min) ★★
11.35 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy. (2016, 12, 112min) ★★★
1.35 PM **Matilda** (1996, PG) ★★★★
3.15 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
6.00 **Wicked: For Good** Fantasy. (2025, PG, 137min) ★★★

9.55 Chicken Run

8.25 Cats & Dogs Fantasy comedy featuring the voices of Tobey Maguire, Alec Baldwin and Sean Hayes. Fiendish felines come up with a plan to make humans allergic to their canine pets. (2001, PG, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 Chicken Run Animated comedy adventure featuring the voices of Mel Gibson, Julia Sawalha and Miranda Richardson. (2000, U, 84min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★
1.20 AM **The SpongeBob SquarePants Movie** Animation. (2004, U) ★★★★
2.50 **Gabby's Dollhouse: The Movie** Comedy adventure. (2025, U, 105min) ★★★
4.35 **to 6.05** AM **Cats & Dogs: The Revenge of Kitty Galore** Fantasy comedy sequel. (2010, U, 82min) ★★

Sky Cinema Action

306 306 407 507 521

7.15 AM **The Meg** Action thriller. (2018, 12, 113min) ★★★
9.10 **Bad Boys II** Action comedy. (2003, 15, 147min) ★★★
11.40 **Hancock** Action comedy. (2008, 12, 92min) ★★★
1.15 PM **Transformers: The Last Knight** Sci-fi adventure sequel. (2017, 12, 155min) ★★
3.50 **Snakes on a Plane** Thriller. (2006, 15, 105min) ★★★
5.40 **Godzilla** Monster movie. (1998, PG, 139min) ★★★

5.40 Godzilla

8.00 Mission: Impossible – The Final Reckoning Action thriller starring Tom Cruise. Ethan Hunt and the IMF team race to find the Entity, a rogue AI that can destroy mankind. With Hayley Atwell, Ving Rhames and Simon Pegg. (2024, 12, 169min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **The Shadow's Edge** Action thriller starring Jackie Chan. (2025, 15, 141min) ★★★
1.35 AM **Jackie Chan's Police Story** Comedy thriller directed by and starring Jackie Chan. (1985, 15, 98min) ★★★★
3.30 **Long Gone Heroes** Action thriller starring Eden Brolin. (2024, 15, 101min) ★★★
5.25 **to 7.05** AM **Love Hurts** Action comedy with Ke Huy Quan. (2025, 15, 83min) ★★

Sky Cinema Comedy

308 308 408 508 522

7.25 AM **Big Daddy** As 4.35pm.
9.05 **Dumb and Dumberer: When Harry Met Lloyd** (2003, 12) ★
10.45 **Instant Family** Comedy. (2018, 12, 118min) ★★★★
12.50 PM **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
2.50 **Sex Tape** Comedy. (2014, 15, 94min) ★★
4.35 **Big Daddy** Comedy. (1999, 12, 95min) ★★★
6.15 **Police Academy** Comedy. (1984, 15, 95min) ★★★

9.40 Blades of Glory

8.00 Anaconda Action comedy starring Jack Black and Paul Rudd. Two friends encounter a terrifying creature while remaking their favourite movie. With Thandiwe Newton. (2025, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 Blades of Glory Slapstick sports comedy starring Will Ferrell and Jon Heder. Two ice skating rivals team up as the first all-male figure skating pair in history. (2007, 12, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **American Pie** Teen comedy starring Jason Biggs. (1999, 15, 96min) ★★★★
12.55 AM **Sausage Party** Animation. (2016, 15, 89min) ★★★
2.30 **Team America: World Police** Spoof of Hollywood action movies performed by puppets. (2004, 15, 98min) ★★★★
4.10 **to 6.10** AM **Just Go With It** Comedy. (2011, 12, 117min) ★

Sky Cinema Thriller

309 309 409 509 523

7.25 AM **Every Breath You Take** Thriller. (2021, 15) ★★★
9.25 **Dirty Harry** Police thriller. (1971, 15, 103min) ★★★★★
11.20 **The Firm** Legal thriller. (1993, 15, 155min) ★★★
2.00 PM **Black Bag** Spy thriller. (2024, 15, 94min) ★★★★
3.45 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★
5.50 **Sherlock Holmes** Guy Ritchie's action adventure. (2009, 12, 128min) ★★★★

10.15 A Clockwork Orange

8.00 Sherlock Holmes: A Game of Shadows Guy Ritchie's adventure sequel starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to thwart Professor Moriarty, the evil genius behind a wave of assassinations and bombings across Europe. (2011, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 A Clockwork Orange Director Stanley Kubrick's futuristic satire based on the novel by Anthony Burgess, starring Malcolm McDowell, Patrick Magee and Warren Clarke. (1971, 18, 136min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **The Bourne Identity**
2.40 **Hallow Road** Chiller. (2025, 15, 80min) ★★★★
4.05 **Neighborhood Watch** Thriller. (2025, 15, 92min) ★★★★
5.45 **to 8.00** AM **King Ivory** Thriller. (2024, 15, 130min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Wonder Park** Animation. (2019, PG, 85min) ★★★★
12.45 PM **Anastasia** Historical drama. (1956, U, 105min) ★★★
2.55 **The Violent Men** Western. (1955, PG, 96min) ★★★
4.50 **Jason and the Argonauts** Mythological adventure. (1963, U, 99min) ★★★★
6.55 **The Day the Earth Stood Still** Sci-fi thriller remake. (2008, 12, 104min) ★★

9.00 Quadrophenia

The Day the Earth Stood Still (film started at 6.55pm) 8 PM
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Quadrophenia Cult teen drama based on the rock album by The Who, starring Phil Daniels as a working-class Mod, with Leslie Ash, Sting and Toyah Willcox. (1979, 15, 115min) ★★★★ 9 PM 10 PM
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Velvet Goldmine** Glam rock drama starring Ewan McGregor and Jonathan Rhys Meyers. During the 1970s, a rock 'n' roll star fakes his own death. Ten years later, a journalist investigates the reasons why. (1998, 18, 123min) ★★★ 11 PM
1.50 **to 3.35** AM **Sequin in a Blue Room** Australian drama. (2021, 18, 80min) ★★★★

+1 hour 314 430 47 301 257

Sky Cinema 2026 Recap

302 302 402 502 516

6.00 AM **Super Charlie** Animation. (2025, PG, 82min) ★★★
7.30 **Grand Prix of Europe** Animation. (2025, U, 98min)
9.15 **Tafiti: Across the Desert** Animation. (2025, PG) ★★★
10.45 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
12.15 PM **The Ballad of Wallis Island**
2.00 **Eddington** Western. (2025, 15, 148min) ★★★★
4.30 **Honey Don't!** Comedy thriller. (2025, 15, 89min) ★★★
6.05 **Final Destination: Bloodlines** Supernatural horror thriller. (2025, 15, 110min) ★★★★
8.00 **The Running Man** Comedy thriller starring Glen Powell and Lee Pace. Desperate to save his sick daughter, a man enters a deadly televised competition. (2025, 15, 133min) ★★★
10.15 **Nobody 2** Comedy thriller sequel starring Bob Odenkirk. (2025, 15, 89min) ★★★
11.55 **Spinal Tap II: The End Continues** Comedy sequel. (2025, 15, 83min) ★★★
1.25 AM **The Ballad of Wallis Island** Comedy drama starring Tim Key and Tom Basden. (2025, 12, 100min) ★★★★
3.15 **to 6.00** AM **Eddington** (2025)

Sky Cinema Greats

307 307 404 504 518

6.10 AM **Weird Science** As 11.20am.
7.50 **The 'burbs** As 2.50pm.
9.35 **National Lampoon's Vacation** Comedy. (1983, 15, 95min) ★★
11.20 **Weird Science** Teen comedy. (1985, 12, 94min) ★★★
12.55 PM **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
2.50 **The 'burbs** Offbeat comedy starring Tom Hanks and Carrie Fisher. (1989, PG, 103min) ★★★
4.35 **My Girl** Bittersweet comedy. (1991, PG, 105min) ★★
6.20 **My Girl 2** Comedy drama sequel starring Anna Chlumsky. (1994, PG, 99min) ★★
8.00 **The Wizard of Oz** Musical fantasy starring Judy Garland. A young Kansas girl is swept by a twister to the magical land of Oz. (1939, U, 98min) ★★★★★
9.45 **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy starring Henry Thomas. (1982, U, 114min) ★★★★★
11.45 **Babe** Family comedy drama. (1995, U, 92min) ★★★★★
1.20 AM **The Borrowers** Adventure. (1997, U, 86min) ★★★★
2.50 **My Girl 2** As 6.20pm.
4.30 **The Cinema List: Bingeable**
4.55 **to 6.45** AM **Fools Rush In** Comedy. (1997, 12, 109min) ★★

Disney+ Cinema

305 305

6.00 AM **Ratatouille** Animated family comedy adventure. (2007, U, 106min) ★★★★★
7.55 **Cars 2** Animated comedy sequel. (2011, U, 102min) ★★★
9.45 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
12.10 PM **Frozen** Animated musical. (2013, PG, 108min) ★★★★
1.55 **Maleficent** Fairytale adventure. (2014, PG, 97min) ★★★★
3.35 **The Princess Diaries** Comedy. (2001, U, 115min) ★★★
5.30 **Percy Jackson: Sea of Monsters** Fantasy sequel. (2013, PG, 102min) ★★★
7.20 **The Jungle Book** Adventure. (2016, PG, 104min) ★★★★
9.00 **Solo: A Star Wars Story** Sci-fi prequel with Alden Ehrenreich. (2018, 12, 135min) ★★★★
11.15 **Flightplan** Suspense thriller. (2005, 12, 98min) ★★★★
12.55 AM **Aliens Vs Predator: Requiem** Sci-fi action sequel. (2007, 15, 89min) ★★★
2.40 **Conan the Barbarian** Action fantasy. (1981, 15, 129min) ★★★
4.50 **to 6.00** AM **Bambi** Classic feature-length cartoon. (1942, U, 69min) ★★★★★

Movies 24

312 313 419

7.00 AM **A Newport Christmas** Drama. (2025, PG, 89min) ★★
9.00 **A Make or Break Holiday** Drama. (2025, U, 89min) ★★
11.00 **Deck the Walls** Festive drama. (2024, PG, 90min) ★★
1.00 PM **Debbie Macomber's Joyful Mrs Miracle** Festive fantasy. (2024, PG, 84min) ★★
3.00 **A Royal Montana Christmas** Drama. (2025, PG, 90min) ★★
5.00 **She's Making a List** Romantic comedy. (2025, U, 89min) ★★
7.00 **The Great Christmas Light Up** Comedy sequel starring Lacey Chabert. (2023, PG, 84min) ★★
9.00 **A Christmas Less Travelled** Festive drama starring Candace Cameron Bure. A diner owner discovers a message from her dead father that sends her on a journey into her family's past. (2024, PG, 90min) ★★
11.00 **Christmas on Duty** Romantic drama. (2025, PG, 89min) ★★
1.00 AM **Holiday Touchdown: A Bills Love Story** Festive drama. (2025, PG, 90min) ★★
3.00 **to 5.00** AM **A Perfect Christmas Carol** Romantic drama. (2023, PG, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Someone at the Door** Comedy. (1950, b/w, PG) ★
7.15 **Hammer the Toff** Crime drama. (1952, b/w, U, 71min) ★★★★
8.45 **The Snows of Kilimanjaro** Drama. (1952, PG, 117min) ★★★
11.00 **The Lucy Show** 11/22. (S5)
11.30 **Star Performance** 22/38. (S3)
12.00 NOON **Railway Murders**
1.00 PM **1950s Kitchen Hygiene**
1.05 **Edgar Wallace Mystery Theatre**
2.15 **The Adventures of Robin Hood**
2.45 **The Vicious Circle** Mystery. (1957, b/w, PG, 85min) ★★★
4.25 **Cinebox Memories**
4.30 **The Cheaters** 9/27. (S2)
5.00 **A Family at War** 12/13. (S1)
6.00 **Hannay** 6/7. (S2)
7.00 **Z Cars** 27/42. (S3)
8.00 **Public Eye** 12/13. (S5)
9.05 **Maxwell** Drama starring David Suchet and Patricia Hodge.
10.55 **Cellar Club with Caroline Munro**
11.00 **Supernatural** 4/8. (S1)
12.00 M'T **Cellar Club with Caroline...**
12.05 AM **Devil's Partner** Horror. (1960, b/w, 18, 74min) ★★★
1.40 **Cellar Club with Caroline Munro**
1.45 **Killer Fish** Thriller. (1978, 15) ★★
3.45 **What's on TPTV with Noel**
4.00 **Turn of Fate** 1/36. (S1)
4.30 **The Vise** 11/39. (S1)
5.00 **to 6.00** AM **The Rogues**

FRIDAY Sport 24 July

Friday

Sky Sports Main Event

401 401 501 419 439

- 6.00 AM **Sky Sports News**
- 7.00 **Sky Sports Breakfast**
- 9.30 **LIVE Ladies European Tour Golf** Coverage of the second day of the Women's Scottish Open at Dundonald Links in Ayrshire.
- 12.00 NOON **LIVE Formula 1** Coverage of the Hungarian Grand Prix first practice session staged at Hungaroring in Mogyoród.
- 2.00 PM **Sports Desk**
- 3.00 **LIVE The Hundred Birmingham Phoenix v Trent Rockets.** Coverage of the women's match at Edgbaston in Birmingham. Start-time **3.00pm**.
- 6.00 **LIVE The Hundred Birmingham Phoenix v Trent Rockets.** Coverage of the men's match staged at Edgbaston. The Rockets were runners-up to Oval Invincibles last season, while Birmingham missed out on the knockout stages after finishing fifth. Start-time **6.30pm**.
- 9.30 **LIVE World Matchplay Darts** Coverage of day seven at Winter Gardens in Blackpool, featuring the concluding two quarter-finals.
- 11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 502 420 440

- 6.00 AM **PL Greatest Games**
- 7.00 **Premier League Best Goals**
- 8.00 **Premier League 100 Club**
- 9.00 **Premier League Review** Action from the 13th round of 2025/26.
  10.00 The 14th round of games.
  11.00 The 15th round of fixtures.
  12.00 NOON Highlights from the 16th round of matches.
- 1.00 PM **Premier League Review** Action from the 17th round.
  2.00 The 18th round of game.
  3.00 Highlights from round 19
  4.00 The 20th round of fixtures.
  5.00 The 21st round of games.
- 6.00 **Premier League Review** Highlights from the 22nd round of 2025/26 top-flight matches.
  7.00 Action from the 23rd round.
  8.00 Highlights from the 24th round of top-flight matches.
  9.00 Action from round 25.
- 10.00 **Premier League Review** The goals of the 2025/26 season.
- 11.00 **Premier League Years** A look back at the 2012/13 season.
- 1.00 AM **PL Retro** Bournemouth v Liverpool from 2016/17.
- 3.00 **PL Greatest Games**
- 4.00 **Premier League Best Goals**
- 5.00 **to 6.00** AM **Best Premier League Goals: Arsenal**

Sky Sports Football

403 403 503 421 441

- 6.00 AM **Championship Retro**
- 8.00 **EFL Greatest Games**
- 9.00 **SPFL Highlights**
- 9.30 **EFL Greatest Games**
- 10.00 **EFL Cup Retro** The 2020 final.
- 11.00 **EFL Cup Highlights**
- 11.30 **EFL Trophy Football**
- 12.00 NOON **EFL** The 2018 play-offs.
- 3.00 PM **SPFL Highlights**
- 3.30 **EFL Greatest Games**
- 4.00 **EFL Cup Retro** Aston Villa v Manchester United in 2010.
- 6.00 **EFL** Action from Newport County v Tranmere Rovers in the 2018/19 League Two play-off final.
  7.00 Charlton Athletic v Sunderland in the 2018/19 League One play-off final.
  8.00 Action from Derby County v Aston Villa in the 2018/19 Championship play-off final.
- 9.00 **SPFL Highlights**
- 9.30 **EFL Greatest Games**
- 10.00 **EFL Cup Retro** Birmingham City v Arsenal in the 2011 final.
- 12.00 M'T **EFL Cup Retro**
- 2.45 AM **EFL Greatest Games**
- 3.00 **SPFL Greatest Games**
- 3.30 **EFL Greatest Games**
- 4.00 **Championship Season Review**
- 5.00 **SPFL Greatest Games**
- 5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

405 405 505 422 442

- 6.00 AM **The Hundred**
- 9.15 **The Hundred Bitesize**
- 10.00 **The Hundred** London Spirit v Manchester Super Giants.
- 1.30 PM **The Hundred Bitesize**
- 2.45 **LIVE The Hundred Birmingham Phoenix v Trent Rockets.** Coverage of the women's match from Edgbaston. The Phoenix won last season's corresponding fixture by 11 runs after Emma Lamb's innings of 55 off 32 balls. Start-time **3.00pm**.
- 6.00 **LIVE The Hundred Birmingham Phoenix v Trent Rockets.** Coverage of the men's match held at Edgbaston. The Rockets were runners-up to Oval Invincibles last season, while Birmingham missed out on the knockout stages after finishing fifth in the table. Start-time **6.30pm**.
- 9.30 **The Hundred Bitesize**
- 10.00 **The Hundred** Another chance to see the match between Birmingham Phoenix and Trent Rockets held at Edgbaston.
- 1.30 AM **The Hundred Bitesize**
- 2.00 **The Hundred** A match replay.
- 5.15 **Best of ICC WT20**
- 5.45 **to 6.00** AM **The Hundred**

Sky Sports Golf

406 406 506 423 443

- 6.00 AM **The Open** The fourth day.
- 7.00 **PGA Tour Champions**
- 8.00 **Legends Tour Golf**
- 9.00 **Scotland's Greatest Golf Holes**
- 9.30 **LIVE Ladies European Tour Golf** Coverage of the second day of the Women's Scottish Open.
- 1.30 PM **LIVE European Seniors Tour Golf** Coverage of day two of the Senior Open Championship at Gleneagles in Auchterarder.
- 7.00 **LIVE PGA Tour Golf** Coverage of day two of the 3M Open at TPC Twin Cities in Blaine, Minnesota.
- 12.00 M'T **PGA Tour Champions**
- 1.00 AM **Legends Tour Golf**
- 2.00 **Scotland's Greatest Golf Holes**
- 3.00 **PGA Tour Golf** 3M Open.
- 5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

- 6.00 AM **WTA & ATP Tennis**
- 10.00 **LIVE WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours, including the ATP Austrian Open, ATP Estoril Open, WTA Hamburg Open and WTA Prague Open.
- 9.00 PM **WTA All Access**
- 9.30 **ATP Tennis** Swedish Open final.
- 10.30 **WTA Tennis** Athens Open final.
- 11.30 **WTA All Access**
- 12.00 M'T **Best of Serena Williams**
- 2.00 AM **ATP & WTA Tour Classics**
- 3.00 **Best of Serena Williams**
- 4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

- 6.00 AM **Tour de France Men**
- 7.00 **Ultimate Pool** Recent action.
- 8.30 **TNT Sports Cricket Reload**
- 9.00 **WRC Review** Rally Estonia.
- 10.00 **Classic Premier League**
- 11.00 **LIVE Formula E** The Tokyo ePrix first free practice session.
- 12.00 NOON **Cycling Essential Stories**
- 12.15 PM **The Gruppetto**
- 12.30 **LIVE Tour de France Men** Stage 19 of the Grand Tour race.
- 5.15 **LIVE LIV Golf** The second day at JCB Golf and Country Club.
- 6.30 **AFL** Recent action.
- 8.00 **Tour de France Men Highlights**
- 9.00 **Women's Cycling Pro Series**
- 10.00 **Spirit of Yachting**
- 10.30 **MLB Highlights**
- 11.30 **LIVE MLB Philadelphia Phillies v New York Yankees.** From Citizens Bank Park. Start-time **11.45pm**.
- 2.30 AM **MLB Classic**
- 3.00 **LIVE NWSL Portland Thorns v Gotham FC.** Coverage of the match from Providence Park. Kick-off **3.00am**.
- 5.15 **British Superbikes Rewind**
- 5.30 **to 6.30** AM **LIVE Formula E** Tokyo ePrix second free practice.

TNT Sports 2

411 414 522 409 431

- 6.00 AM **Tom Daley: 1.6 Seconds**
- 7.30 **Commonwealth Games**
- 8.30 **LIVE Commonwealth Games 360** The day session on day one of the Games in Glasgow. Events taking place today include swimming, para swimming, boxing, para powerlifting and artistic gymnastics. *See feature, page 28.*
- 6.00 PM **LIVE Commonwealth Games 360** Coverage from the night session on day one of the Games in Glasgow, with medals up for grabs in para powerlifting, swimming and para swimming.
- 10.30 **Commonwealth Games: Daily Highlights** Day one action.
- 11.30 **Commonwealth Games Glasgow: Boxing**
- 12.00 M'T **Commonwealth Games: Artistic Gymnastics**
- 1.00 AM **Commonwealth Games: Swimming & Para Swimming**
- 2.00 **Commonwealth Games: Daily Highlights** Day one action.
- 3.00 **Commonwealth Games: Artistic Gymnastics**
- 4.00 **Commonwealth Games: Swimming & Para Swimming**
- 5.00 **to 6.00** AM **Commonwealth Games: Daily Highlights**

Sky Sports Action

412 410 510 426 446

- 6.00 AM **World Matchplay Darts**
- 9.00 **LIVE NRL Newcastle Knights v Sydney Roosters.** From McDonald Jones Stadium. Kick-off **9.00am**.
- 11.00 **LIVE NRL South Sydney Rabbitohs v Melbourne Storm.** From Accor Stadium. Kick-off **11.00am**.
- 1.00 PM **Good Morning Football**
- 3.00 **NFL Highlights**
- 4.00 **Super League Highlights**
- 5.00 **NFL Bitesize Highlights**
- 5.15 **Super Bowl LX Bitesize**
- 5.30 **Super League Highlights**
- 6.00 **NFL Highlights**
- 7.00 **NBA on Fire** The latest news.
- 7.30 **Darts Gold** Archive action.
- 8.00 **LIVE World Matchplay Darts** Day seven at Winter Gardens, featuring two quarter-finals.
- 11.00 **LIVE NFL Flag Championships** The youth flag football tournament at Droplight Grand Park Sports Campus in Westfield, Indiana.
- 12.00 M'T **The Insiders** NFL news.
- 1.00 AM **Super League Highlights**
- 2.00 **Super League** Catalans Dragons v Wigan Warriors from 2025.
- 4.45 **Women's Super League**
- 5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

- 6.00 AM **Sky Sports News**
- 7.00 **Sky Sports Breakfast**
- 8.00 **Formula 1** Highlights of the Chinese Grand Prix, the second round of the season staged at Shanghai International Circuit.
- 9.00 **WTA Tennis** Action from the Dubai Tennis Championships final.
- 10.00 **LIVE WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours, including the ATP Austrian Open, ATP Estoril Open, WTA Hamburg Open and WTA Prague Open.
- 6.00 PM **Sports Desk**
- 7.00 **Sports Centre** A round-up of the latest sports news.
- 7.30 **LIVE Super League Wigan Warriors v St Helens.** Coverage of the match from the 20th round of fixtures staged at the Brick Community Stadium. Kick-off **8.00pm**.
- 10.15 **Sky Sports News**
- 12.00 M'T **EFL Greatest Games**
- 1.00 AM **Formula 1** The Japanese Grand Prix at Suzuka Circuit.
- 2.00 **WTA & ATP Tennis**
- 4.00 **Formula 1** Monaco Grand Prix.
- 5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

- 6.00 AM **EFL Greatest Games**
- 7.00 **WTA Tennis** The Iasi Open final.
- 8.00 **One-Day International Cricket**
- 11.00 **NBA Basketball**
- 1.00 **One-Day International Cricket**
- 2.00 **Super League** A match replay.
- 4.45 **Women's State of Origin**
- 5.00 **LIVE Ladies European Tour Golf** Coverage of the second day of the Women's Scottish Open.
- 6.00 **PGA Tour Golf**
- 7.00 **NFL Highlights**
- 8.00 **LIVE NFL Flag Championships** The youth flag football tournament.
- 12.00 M'T **One Championship Weekly**
- 12.30 AM **EFL Greatest Games**
- 1.00 **NBA Basketball**
- 3.00 **PL Greatest Games**
- 3.45 **LIVE NRLW Canberra Raiders v Cronulla-Sutherland Sharks.** Coverage of the match held at GIO Stadium. Kick-off **3.40am**.
- 5.45 **to 6.00** AM **PL Greatest Games**

TNT Sports 3

413 415 523 410 432

- 6.00 AM **UEFA Champions League**
- 9.00 **AFL** A match replay.
- 10.30 **LIVE AFL Melbourne Demons v Geelong Cats.** From Melbourne Cricket Ground. Bounce-up **10.40am**.
- 1.30 PM **LIVE Women's Cycling Pro Series** Coverage from the first stage of the Tour of Poland.
- 4.00 **MLB Highlights**
- 5.00 **A-Z: Commonwealth Games**
- 5.15 **LIVE Commonwealth Games: Artistic Gymnastics** The second session on the first day held at The Arena in Glasgow.
- 9.00 **AFL** A match replay.
- 10.30 **LIV Golf** The second day.
- 12.00 M'T **TCR World Tour Review**
- 12.30 AM **British Superbikes Rewind**
- 12.45 **TNT Sports Reload**
- 1.00 **AFL** Two match replays.
- 4.00 **to 7.00** AM **LIVE AFL Carlton Blues v Gold Coast Suns.** From Marvel Stadium in Melbourne. Bounce-up **4.05am**.

TNT Sports 4

414 416 524 411 434

- 6.00 AM **TNT Sports Cricket Reload**
- 6.30 **LIV Golf** Action from Uttoxeter.
- 8.00 **Premier League Legends**
- 9.00 **TNT Sports Reload**
- 9.30 **Ultimate Pool** Highlights.
- 11.00 **LIV Golf** Action from Uttoxeter.
- 12.30 PM **LIVE LIV Golf** The second day of the 10th round of the season from JCB Golf and Country Club in Uttoxeter.
- 6.30 **LIVE Commonwealth Games: Para Powerlifting** Coverage from the second session on the first day of the Games from SEC Armadillo in Glasgow.
- 9.00 **WRC Review** A look back at this year's Rally Estonia.
- 10.00 **UFC** A chance to see Dricus Du Plessis v Kamaru Usman held at Paycom Center in Oklahoma City.
- 1.00 AM **UFC: The Ultimate Fighter**
- 2.00 **Tour de France Men Highlights**
- 3.00 **British Superbikes Highlights**
- 4.00 **LIV Golf** From Uttoxeter.
- 5.30 **to 6.00** AM **TNT Sports Reload**

Premier Sports 1

419 APP 528

- 6.00 AM **NASCAR Highlights**
- 7.00 **World Surf League**
- 8.00 **European Le Mans Series**
- 9.00 **Scottish Rally Championship**
- 9.30 **LaLiga** Real Madrid v Barcelona.
- 11.30 **Sporting Greats**
- 12.00 NOON **Swedish Speedway**
- 2.00 PM **NASCAR Highlights** Action from the Window World 450.
- 3.00 **World Surf League** Action from the VIVO Rio Pro.
- 4.00 **German Cup** Action from Bayer Leverkusen v Bayern Munich.
- 6.00 **Scottish Cup Football** Celtic v Dunfermline Athletic in the final.
- 8.00 **Swedish Speedway**
- 10.00 **LaLiga** Another chance to see Real Madrid v Atletico Madrid.
- 12.00 M'T **Argentine Primera** A replay of River Plate v Belgrano.
- 2.00 AM **Sporting Greats**
- 2.30 **European Le Mans Series**
- 3.30 **German Cup** A replay of the final.
- 5.30 **to 6.00** AM **Sporting Countdowns**

Premier Sports 2

420 APP 529

- 6.00 AM **Brasileiro Serie A** A chance to see Internacional v Cruzeiro.
- 8.00 **Challenge Cup** Action from Montpellier v Ulster in the final.
- 10.00 **Football's Greatest** The finest players discuss their careers.
- 10.30 **GP Insights** All the news from the world of the Grand Prix circuit.
- 11.00 **Rugby Junior World Championships** Action from two thirteenth-place semi-finals.
- 3.00 **Football's Greatest** The finest players discuss their careers.
- 3.30 **Rugby Junior World Championships** Action from two ninth-place semi-finals.
- 7.30 **Football's Greatest** The finest players discuss their careers.
- 8.00 **Rugby Junior World Championships** Another chance to see two play-off matches.
- 12.00 M'T **Temples of Sport**
- 1.00 AM **EUT20 Belgium** Action from the sixth play-off match.
- 5.00 **to 6.00** AM **Football's Greatest**

Sky Sports F1

407 407 507 424 444

- 6.00 AM **Formula 1** Highlights.
- 8.50 **LIVE Formula 3** The Hungarian Grand Prix practice session.
- 9.45 **F1 Features**
- 10.00 **LIVE Formula 2** The Hungarian Grand Prix practice session.
- 11.00 **F1 Features**
- 12.00 NOON **LIVE Formula 1** The Hungarian GP first practice session.
- 1.55 PM **LIVE Formula 3** Hungarian Grand Prix qualifying session.
- 2.40 **Chasing the Dream**
- 3.00 **LIVE Formula 2** The Hungarian Grand Prix qualifying session.
- 3.45 **LIVE Formula 1** The Hungarian Grand Prix second practice session.
- 5.15 **Formula 1** From Hungary.
- 6.45 **F1 Feature**
- 7.00 **The F1 Show** Hungary preview.
- 8.00 **F1 Feature**
- 8.15 **Formula 1** Hungarian Grand Prix.
- 11.45 **F1 Feature**
- 12.00 M'T **Indycar** Music City GP.
- 1.00 **to 6.00** AM **Formula 1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Next week *On sale Tuesday 21 July*

Benidorm Is Murder

John Hannah stars in 5's crime drama about a one-time detective who now runs a Spanish bar, but he soon becomes involved with investigating tourists' deaths.

The Rapture

BBC1's drama follows a forensic psychologist (Ruth Madeley) as she encounters a teen (India Amarteifio) who's been convicted of murder and claims to be psychic.

Gomorrah: The Origins

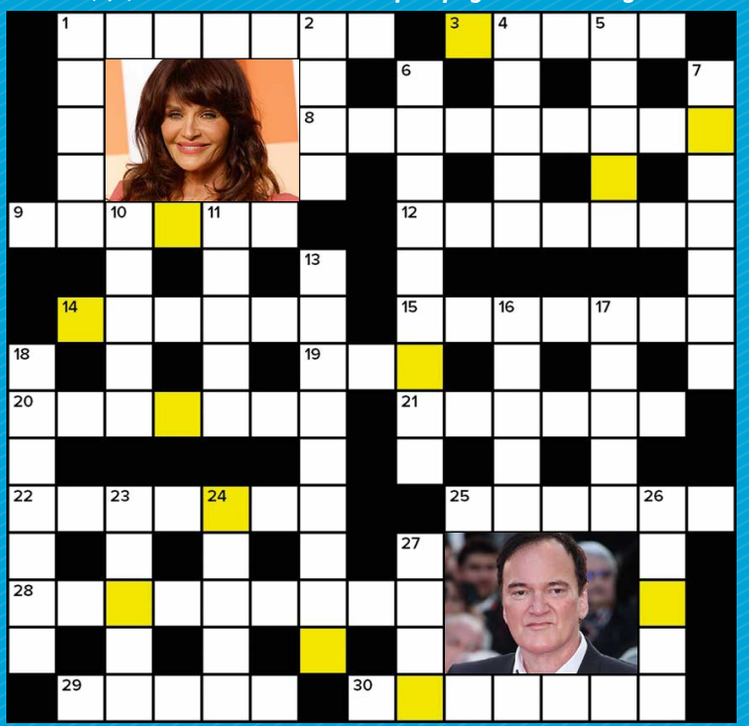
A 1970s-set prequel to the Italian gangland saga on Sky Atlantic sees the young Pietro Savastano (Luca Lubrano) make his way into the criminal underworld.

Ghosts Australia

Actors Tamala and Rowan Witt lead the cast as a couple living with an eclectic group of ghouls in the Aussie version of hit sitcom *Ghosts* on BBC3.

Crossword

Solve the clues in our just-for-fun crossword puzzle and rearrange the shaded squares so the letters spell out the name of a Russian dancer (5,7). Answers at the bottom of the page – no cheating!



ACROSS

1 Former medical soap set in Letherbridge (7)
3 Actor who portrays Billy Mitchell in *EastEnders*, ------ Fenwick (5)
8 Old C4 sketch show starring Leigh Francis (2,7!)
9 Oscar-winning director of 2012 film *Life of Pi* (3,3)
12 Level 42 single released in 1986, ------- *in Love* (7)
14 See picture clue: Danish model and philanthropist, ------- Christensen (6)
15 *Three Men* -- - ----, BBC2 series that featured Dara Ó Briain (2,1,4)
19 BBC religious sitcom that starred Tom Hollander and Olivia Colman (3)
20 Kurt Cobain's band (7)
21 Bud -------, Lou Costello's comedy partner (6)
22 Original presenter of quiz show *Who Wants to Be a Millionaire?*, Chris -------- (7)
25 Brendan -------, star of the Mummy films (6)
28 Siobhán ----------, actor in C4 sitcom *Derry Girls* (9)
29 Road Runner's pursuer in *Looney Tunes*, ---- - Coyote (4,1)
30 David --------, comedian (7)

DOWN

1 Star of Oscar-winning 1998 film *Good Will Hunting*, Matt ------ (5)
2 ---- Bentall, played Verity in TV series *Poldark* (4)
4 *Lucifer* star, Tom ------ (5)
5 Young wallaby in a popular 1990s Nickelodeon children's animated series (5)
6 *Man about the House* star, Richard -'--------- (1'8)
7 Star of 1993 film *What's Love Got to Do with It*, Angela -------- (7)
10 Australian academic, TV personality and feminist, Germaine ------ (5)
11 ------ Gilbert, character in *The Vampire Diaries* (5)
13 See picture clue: Co-writer and director of 1994 film *Pulp Fiction*, Quentin ---------- (9)
16 Played Mera in 2018 superhero film *Aquaman*, ------ Heard (5)
17 ------ Deley, presenter of *The Gadget Show* (5)
18 *Grey's* --------, US drama (7)
23 Lead singer of Status Quo, Francis ------ (5)
24 Sang 2012's *Skyfall* (5)
26 Actor in 1955 comedy *The Seven Year Itch*, Tom ------ (5)
27 Matriarch in E4 soap *Hollyoaks*, ----- McQueen (4)

CROSSWORD SOLUTION

ANSWER: Pasha Kovalev **ACROSS:** 1 Doctors 3 Perry 8 Bo' Selecta! 9 Ang Lee 12 Lessons 14 Helena 15 In a Boat 19 Rev 20 Nirvana 21 Abbott 22 Tarrant 25 Fraser 28 McSweeney 29 Wile E 30 Baddiel
DOWN: 1 Damon 2 Ruby 4 Ellis 5 Rocko 6 O'Sullivan 7 Bassett 10 Greer 11 Elena 13 Tarantino 16 Amber 17 Ortis 18 Anatomy 23 Rossi 24 Adele 26 Ewell 27 Myra

WORDS: CAREN CLARK. PHOTOS: GETTY, BBC, 5, SKY

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Coming so

Marble Hall Murders

Lesley Manville and Tim McMullan are back on the case in the quirky whodunnit

Danger and mystery are afoot in *Marble Hall Murders*, the upcoming third and final instalment in BBC1's colourful crime-drama series.

Adapted by Anthony Horowitz from his 2025 novel – the sequel to *Magpie Murders* and *Moonflower Murders* – the six-parter, airing later this year, sees Lesley Manville return as shrewd book editor Susan Ryeland.

This time, Susan returns home to England after living in Crete and comes across a new novel, *Pünd's Last Case*, featuring celebrated fictional 1950s detective Atticus Pünd (Tim McMullan), which has been penned by young writer Eliot Crace (Jamie Blackley) now that original author Alan Conway (Conleth Hill) is dead.

CATCHING A KILLER

The story, set at a luxury villa in Corfu, finds Atticus investigating the death of Lady Margaret Chalfont (Patricia Hodge). But the novel also appears to conceal the identity of the real-life killer of Eliot's grandmother, children's author Miriam Crace (also played by Hodge), and Susan must sift through the clues with help from Atticus.

Mark Bonnar, Harry Lloyd, Rupert Penry-Jones, Anneika Rose, Danny Sapani, Daniel Cerqueira, Yasmine Al Massri and Zubin Varla also co-star.

'I'm so happy to bring the team back for a third instalment of what has been a fantastically successful TV series,' says Horowitz. 'I have a feeling this could be the best yet.'

Crime dramas to look forward to

Old Town Murders

BBC1's Wales-set drama will star Mark Lewis Jones (above) and Steffan Rhodri as a pair of detectives working together in Tenby.

The Northumbria Mysteries

Robson Green will appear in BBC1's daytime series about a wheeler-dealer who teams up with a cop (Liz White) to unravel crimes.

The Blame

In ITV1's thriller, DI Emma Crane (Michelle Keegan) and DI Tom Radley (Douglas Booth) look into a figure skater's death.

WHAT'S NEXT FOR...

Asa Butterfield

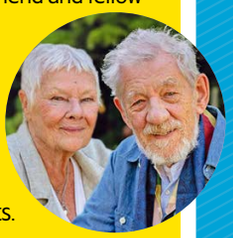
The actor will play The Beatles' manager Brian Epstein in BBC1 drama **Hamburg Days**, which follows the group's formative trip to Germany in the early 1960s. Jonny Lee Miller and Christine Tremarco will co-star.

Joe Lycett

In C4's six-part live show **The Lycett Arms**, the comedian will set up a pub in east London, where he and a weekly celebrity manager will welcome a host of famous faces and link up with other boozers across the UK.

Coming Back

A second instalment of Sky Arts' **Tea with Judi Dench** will see the actor invite her friend and fellow thespian Sir Ian McKellen to her home, where they discuss Shakespeare, their careers, and McKellen's fight for gay rights.



Filming is under way on the third and final run of BBC1's comic thriller **Am I Being Unreasonable?** as stressed-out Nic (Daisy May Cooper) continues to deal with her deadly past, amid the machinations of frenemy Jen (Selin Hizli).

Standard Subscription rates (1 year) UK $185.93, Europe 572.69 Euros, USA $64813, Rest of World $64813. For inquiries, contact TV&Streaming Week Subscriptions, Freepost Future Plc, or email help@magazinesdirect.com. If you require any other issue/s of Future Plc magazines, these are available online at magazinesdirect.com

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